

B	I	N	G	O
Stress	Anger	Dated someone who plays the victim	Obsessive Compulsive Disorder (OCD)	Ex tried to kill themselves
Coping with Stress	Rage	Individual Therapy	Anxiety	Mental Health Conditions
Post Traumatic Stress Disorder (PTSD)	Therapy	FREE	Bipolar Disorder	Emotional Abuse
Emotional manipulative to others	Physical abuse	Ex sexually abused you	Drug dealer ex	Group Therapy
Depression	Can't love or let someone in anymore	Manic highs and manic lows	Trauma	Dated a Narcissist

B	I	N	G	O
Therapy	Anxiety	Obsessive Compulsive Disorder (OCD)	Coping with Stress	Individual Therapy
Dated someone who plays the victim	Trauma	Ex tried to kill themselves	Can't love or let someone in anymore	Mental Health Conditions
Emotional manipulative to others	Bipolar Disorder	FREE	Emotional Abuse	Anger
Drug dealer ex	Manic highs and manic lows	Stress	Dated a Narcissist	Physical abuse
Ex sexually abused you	Group Therapy	Post Traumatic Stress Disorder (PTSD)	Rage	Depression

B	I	N	G	O
Can't love or let someone in anymore	Manic highs and manic lows	Anxiety	Group Therapy	Bipolar Disorder
Stress	Emotional manipulative to others	Ex sexually abused you	Rage	Ex tried to kill themselves
Post Traumatic Stress Disorder (PTSD)	Dated a Narcissist	FREE	Physical abuse	Drug dealer ex
Therapy	Mental Health Conditions	Obsessive Compulsive Disorder (OCD)	Trauma	Dated someone who plays the victim
Emotional Abuse	Anger	Individual Therapy	Coping with Stress	Depression