B	I	N	G	O
The object of a person's ambition or effort	A feeling of trust in one's abilities qualities and judgment	Fear	Rewarding relationships	It is a choice to let go
Basic self-care	Stop comparing yourself	Lack of self-confidence	A feeling of worry nervousness or unease	Pick someone you trust to talk to about things.
Society	Thinking you are fat	FREE SPACE	A person who believes the worst aspect of things	Feelings of severe sadness
Forgive yourself when you cannot get everything right	Self-Esteem	Hopefulness and confidence about the future	Feeling secure	Journaling
Feel like you aren't good enough	A state of mental or emotional strain or tension	Negative self-talk	What if today there is nothing wrong with you	Bulimia and Anorexia

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B	I	N	G	O
Thinking you are fat	A feeling of worry nervousness or unease	Rewarding relationships	Basic self-care	Lack of self-confidence
Fear	What if today there is nothing wrong with you	It is a choice to let go	A state of mental or emotional strain or tension	Pick someone you trust to talk to about things.
Forgive yourself when you cannot get everything right	A person who believes the worst aspect of things	FREE SPACE	Feelings of severe sadness	A feeling of trust in one's abilities qualities and judgment
Feeling secure	Negative self-talk	The object of a person's ambition or effort	Bulimia and Anorexia	Self-Esteem
Hopefulness and confidence about the future	Journaling	Society	Stop comparing yourself	Feel like you aren't good enough

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B	I	N	G	O
A state of mental or emotional strain or tension	Negative self-talk	A feeling of worry nervousness or unease	Journaling	A person who believes the worst aspect of things
The object of a person's ambition or effort	Forgive yourself when you cannot get everything right	Hopefulness and confidence about the future	Stop comparing yourself	It is a choice to let go
Society	Bulimia and Anorexia	FREE SPACE	Self-Esteem	Feeling secure
Thinking you are fat	Pick someone you trust to talk to about things.	Rewarding relationships	What if today there is nothing wrong with you	Fear
Feelings of severe sadness	A feeling of trust in one's abilities qualities and judgment	Lack of self-confidence	Basic self-care	Feel like you aren't good enough

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