

B	I	N	G	O
Talk about 3 things you are grateful for	A feeling of worry nervousness or unease	A feeling of trust in one's abilities qualities and judgment	Feel like you aren't good enough	Say something positive about yourself
Journaling	Compliment the person on your right	Stand up and let everyone give you applause	Name something you would like to be better at	A person who believes the worst aspect of things
Share the greatest compliment you ever received	The object of a person's ambition or effort	FREE SPACE	A state of mental or emotional strain or tension	Hopefulness and confidence about the future
Society	I feel good about myself when _____	Share a characteristic you admire about yourself	If you could be friends with any famous person who would it be and why?	Pick someone you trust to talk to about things.
Rewarding relationships	Forgive yourself when you cannot get everything right	Feelings of severe sadness	Lack of self-confidence	Feeling secure

B	I	N	G	O
Basic self-care	Bulimia and Anorexia	Name an accomplishment that made you proud	Journaling	It is a choice to let go
A state of mental or emotional strain or tension	Society	Self-Esteem	Hopefulness and confidence about the future	I am good at _____
Stand up and let everyone give you applause	A person who believes the worst aspect of things	FREE SPACE	The object of a person's ambition or effort	A feeling of worry nervousness or unease
Name something you would like to be better at	Say something positive about yourself	Lack of self-confidence	I feel good about myself when _____	Describe something someone could do to make you happy
Feel like you aren't good enough	Pick someone you trust to talk to about things.	Rewarding relationships	Negative self-talk	Share something you would do but haven't yet

B	I	N	G	O
Basic self-care	Compliment the person on your left	Pick someone you trust to talk to about things.	Journaling	Compliment the person on your right
Rewarding relationships	Lack of self-confidence	A feeling of worry nervousness or unease	Hopefulness and confidence about the future	A feeling of trust in one's abilities qualities and judgment
It is a choice to let go	Name an accomplishment that made you proud	FREE SPACE	Talk about 3 things you are grateful for	Bulimia and Anorexia
What if today there is nothing wrong with you	Thinking you are fat	Describe something someone could do to make you happy	A state of mental or emotional strain or tension	Self-Esteem
Name something you would like to be better at	Fear	The object of a person's ambition or effort	A person who believes the worst aspect of things	Say something positive about yourself