

B	I	N	G	O
Thinking you are fat	A feeling of worry nervousness or unease	A feeling of trust in one's abilities qualities and judgment	Feeling secure	Share a characteristic you admire about yourself
Name 3 ways you utilize self-care.	Describe something someone could do to make you happy	Talk about 3 things you are grateful for	Pick someone you trust to talk to about things.	A person who believes the worst aspect of things
Self-Esteem	Stop comparing yourself	FREE SPACE	Today I am going to compliment 3 people randomly.	Basic self-care
Negative self-talk	I feel good about myself when _____	If you could be friends with any famous person who would it be and why?	Share the greatest compliment you ever received	Journaling
Say something positive about yourself	Stand up and let everyone give you applause	Give someone in the group a high five	Forgive yourself when you cannot get everything right	Name an accomplishment that made you proud

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If you could be friends with any famous person who would it be and why?	Feelings of severe sadness	Basic self-care	Compliment the person on your left	Name something you would like to be better at
Name 3 ways you utilize self-care.	Lack of self-confidence	A state of mental or emotional strain or tension	Stop comparing yourself	Bulimia and Anorexia
Share something you would do but haven't yet	I feel good about myself when _____	FREE SPACE	The object of a person's ambition or effort	A person who believes the worst aspect of things
Today I am going to compliment 3 people randomly.	Talk about 3 things you are grateful for	Negative self-talk	Share a characteristic you admire about yourself	Name an accomplishment that made you proud
It is a choice to let go	Describe something someone could do to make you happy	Feeling secure	Rewarding relationships	Today I am going to find 3 things to be grateful for.

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Share something you would do but haven't yet	Self-Esteem	Pick someone you trust to talk to about things.	Society	Basic self-care
Compliment the person on your right	Rewarding relationships	Name 3 ways you utilize self-care.	Describe something someone could do to make you happy	Say something positive about yourself
Name something you would like to be better at	A feeling of worry nervousness or unease	FREE SPACE	I am good at _____	A feeling of trust in one's abilities qualities and judgment
Lack of self-confidence	Thinking you are fat	Bulimia and Anorexia	What if you could take away one of your fears? What would it be?	What if today there is nothing wrong with you
Describe yourself to a stranger	Today I am going to find 3 things to be grateful for.	A state of mental or emotional strain or tension	Share a characteristic you admire about yourself	Feel like you aren't good enough