B	I	N	G	O
self respect	angry	feeling overwhelmed	relaxations	loss
domestic violence	sanctuary	physical safety	annoyed	psychological safety
safety language	being at peace with yourself	**FREE**	physical abuse	future
hyperarousal	responses to stress- flight- fight- freeze	identity	preparing for change	safety
frustrated	flashbacks	neglect	coping skills	depression

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B	I	N	G	O
physical abuse	loss	being at peace with yourself	safety language	coping skills
relaxations	future	hyperarousal	sanctuary	annoyed
sexual abuse	neglect	**FREE**	domestic violence	feeling overwhelmed
preparing for change	psychological safety	physical safety	responses to stress- flight- fight- freeze	depression
angry	self respect	stress/trauma effects sense of SELcceptance	excited	flashbacks

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B	I	N	G	O
physical abuse	domestic violence	preparing for change	excited	annoyed
angry	stress/trauma effects sense of SELcceptance	sexual abuse	depression	sanctuary
emotions	responses to stress- flight- fight- freeze	**FREE**	identity	psychological safety
neglect	hyperarousal	future	being at peace with yourself	safety
coping skills	safety language	loss	feeling overwhelmed	physical safety

FEELINGS Bingo Card #3 of 3

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