B	I	N	G	O
Using alcohol or drugs	Anxiety	Get angry easily	Over Eating	Memory problems
Crying alot	Under eating	Negative thoughts	Avoid talking to friends/family	Stressed
Weight gain	Can't make decisions	Ignore problems	Irritable	Saying hurtful things to others
Knot in your stomach	Not enjoying things you used to enjoy	Hard to concentrate	Moody	Can't sleep
Oversleeping	Fear of the future	Weight loss	Frequent colds	Headache

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B	I	N	G	O
Weight gain	Can't make decisions	Stressed	Avoid talking to friends/family	Can't sleep
Frequent colds	Saying hurtful things to others	Ignore problems	Memory problems	Not enjoying things you used to enjoy
Crying alot	Get angry easily	Negative thoughts	Moody	Using alcohol or drugs
Knot in your stomach	Fear of the future	Under eating	Hard to concentrate	Over Eating
Oversleeping	Weight loss	Headache	Anxiety	Irritable

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B	I	N	G	O
Saying hurtful things to others	Moody	Fear of the future	Frequent colds	Hard to concentrate
Can't sleep	Headache	Crying alot	Ignore problems	Using alcohol or drugs
Knot in your stomach	Oversleeping	Negative thoughts	Can't make decisions	Under eating
Weight gain	Not enjoying things you used to enjoy	Weight loss	Avoid talking to friends/family	Anxiety
Irritable	Stressed	Over Eating	Get angry easily	Memory problems

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