B	I	N	G	O
Triggered by certain things	Anger	Fear	Nightmares	Invincible
Dissociation (zoning out a lot)	Thinking about bad experiences	Negative thoughts	Anxiety and stress	Stress
Unexplained physical symptoms	Avoiding stressful situations	Guilt	Hopeless	Poor sleep
Impulsive/ reckless	Nightmares	Feeling very low/depressed	Low self-esteem	Crying frequently
Not very social	Emotionally numb	Wanting to die	Energetic	Flashbacks

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B	I	N	G	O
Unexplained physical symptoms	Avoiding stressful situations	Stress	Anxiety and stress	Crying frequently
Energetic	Poor sleep	Guilt	Invincible	Nightmares
Dissociation (zoning out a lot)	Fear	Negative thoughts	Low self-esteem	Triggered by certain things
Impulsive/ reckless	Emotionally numb	Thinking about bad experiences	Feeling very low/depressed	Nightmares
Not very social	Wanting to die	Flashbacks	Anger	Hopeless

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B	I	N	G	O
Poor sleep	Low self-esteem	Emotionally numb	Energetic	Feeling very low/depressed
Crying frequently	Flashbacks	Dissociation (zoning out a lot)	Guilt	Triggered by certain things
Impulsive/ reckless	Not very social	Negative thoughts	Avoiding stressful situations	Thinking about bad experiences
Unexplained physical symptoms	Nightmares	Wanting to die	Anxiety and stress	Anger
Hopeless	Stress	Nightmares	Fear	Invincible

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