

preparing for change BINGO

self respect	avoidance	feeling overwhelmed	psychological safety	neglect
depression	sanctuary	physical safety	being at peace with yourself	safety
sexual abuse	code words	***** ***	hyperarousal	identity
responses to stress- flight- fight- freeze	loss	preparing for change	flashbacks	physical abuse
coping skills	relaxations	domestic violence	stress/trauma effects sense of SELF	emotions

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sexual abuse	stress/trauma effects sense of SELF	being at peace with yourself	loss	depression
psychological safety	identity	feeling overwhelmed	physical abuse	code words
hyperarousal	avoidance	***** ***	flashbacks	preparing for change
emotions	self respect	domestic violence	responses to stress- flight- fight- freeze	coping skills
neglect	future	safety	physical safety	sanctuary

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responses to stress- flight- fight- freeze	flashbacks	sexual abuse	emotions	psychological safety
relaxations	safety	stress/trauma effects sense of SELF	loss	code words
preparing for change	being at peace with yourself	***** ***	hyperarousal	feeling overwhelmed
future	neglect	coping skills	avoidance	self respect
sanctuary	physical safety	identity	physical abuse	domestic violence