


Problem bingo

How problematic are you?



Fake Friends 

Jealous 

Can't stop saying "like" 

Can't stay still 

Eats too much 

Always depressed 

Gets bullied 

Not open to change 

Picky 

Can't stop getting sick 

Anxiety 

Chews/ bites nails 

Free space 

Lonely 

Has nightmares 


ADHD 


Eats too little 

Has a depressing playlist 

Couch potato 

Has insomnia 

Wishes you were someone else 

Obsesses over random things 

Gender dysphoria 

Uses self h@rm 

Pick me 