

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

