## 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 Think the I'm not Liaghered Eats too

little

Has a depressing playlist

Couch

Has insomnia

Wishes you were someone else

Obsesses over random things

Gender dysphoria Uses self h@rm

Pick me