

# 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

