

Losers Positive ← | → Gainer Negative

1 H																	2 He
3 Li	4 Be	5 B	6 C	7 N	8 O	9 F	10 Ne										
11 Na	12 Mg	13 Al	14 Si	15 P	16 S	17 Cl	18 Ar										
19 K	20 Ca	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr										
37 Rb	38 Sr	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe										
55 Cs	56 Ba	81 Tl	82 Pb	83 Bi	84 Po	85 At	86 Rn										
87 Fr	88 Ra																

19+
18-
1+

full outer shells of electrons

Full is best.
Stable.
Octet Satisfied

1+ 2+ 3+ 4+/4- 3- 2- 1- 0