B	I	N	G	O
What types of things can you identify that are 'fun' for you or that bring your peace or make you smile?	Check-in! How are you feeling?	How have affirmation been helpful or unhelpful at beginning of recovery?	What does bravery mean to you in recovery?	Repeat affirmation: I am enough
Have you ever bargained during your recovery (ex: I can control it this time)	What does self-esteem mean to you in terms of recovery?	Repeat affirmation: I believe in Me	Do a grounding coping skill	What does balance mean to you?
What does positive self-talk look like to you?	What's 1 positive thing during active recovery & 1 positive thing during active relapse?	**FREE**	Finish the sentence: I don't believe I can stop because...	Identify 3 safety people
Name a goal you have for recovery	What does good Communication look like?	Reframe: I don't think I can handle life without my eating disorder	How have you been resilient?	Repeat affirmation: I am worthy of Love
How have affirmation been helpful or unhelpful at end of recovery?	Finish the sentence: I don't want to get rid of my eating disorder because...	What boundary is most beneficial to prevent relapse?	When have you Minimized the consequences of your eating disorder?	How do you notice if you are getting too caught up in other things and neglect yourself?

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
What's 1 positive thing during active recovery & 1 positive thing during active relapse?	Do a grounding coping skill	What does bravery mean to you in recovery?	Have you ever bargained during your recovery (ex: I can control it this time)	Repeat affirmation: I believe in Me
How have affirmation been helpful or unhelpful at beginning of recovery?	When have you Minimized the consequences of your eating disorder?	Repeat affirmation: I am enough	Finish the sentence: I don't want to get rid of my eating disorder because...	What does balance mean to you?
Name a goal you have for recovery	Finish the sentence: I don't believe I can stop because...	**FREE**	Identify 3 safety people	Check-in! How are you feeling?
How have you been resilient?	What boundary is most beneficial to prevent relapse?	What types of things can you identify that are 'fun' for you or that bring your peace or make you smile?	How do you notice if you are getting too caught up in other things and neglect yourself?	What does good Communication look like?
Reframe: I don't think I can handle life without my eating disorder	Repeat affirmation: I am worthy of Love	What does positive self-talk look like to you?	What does self-esteem mean to you in terms of recovery?	How have affirmation been helpful or unhelpful at end of recovery?

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Finish the sentence: I don't want to get rid of my eating disorder because...	What boundary is most beneficial to prevent relapse?	Do a grounding coping skill	Repeat affirmation: I am worthy of Love	Finish the sentence: I don't believe I can stop because...
What types of things can you identify that are 'fun' for you or that bring your peace or make you smile?	Name a goal you have for recovery	Reframe: I don't think I can handle life without my eating disorder	What does self-esteem mean to you in terms of recovery?	Repeat affirmation: I am enough
What does positive self-talk look like to you?	How do you notice if you are getting too caught up in other things and neglect yourself?	**FREE**	What does good Communication look like?	How have you been resilient?
What's 1 positive thing during active recovery & 1 positive thing during active relapse?	What does balance mean to you?	What does bravery mean to you in recovery?	When have you Minimized the consequences of your eating disorder?	How have affirmation been helpful or unhelpful at beginning of recovery?
Identify 3 safety people	Check-in! How are you feeling?	Repeat affirmation: I believe in Me	Have you ever bargained during your recovery (ex: I can control it this time)	How have affirmation been helpful or unhelpful at end of recovery?

Relapse Prevention Bingo Card #3 of 3

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved