

Coping Skills Bingo

Where do I want to be in a year from now? five years?	3 thing I would do if I weren't afraid to do them	Do I surround myself with positive-life people?	The worst thing I ever did	If I could live a day without consequences...
Do I forgive self?	What makes me unique	Some of the things that make me happy	Am I on the right path?	The most fun I ever had
What I would do if I knew I could not fail...	Who do I want to meet	FREE	Am I open-minded?	Express the saddest memory ever
How I describe myself	Things I always did with my mom with I was little	How do I add value to the life of others?	Do I tell others what I really want?	My favourite Sunday Ritual
Do I take offence too easily?	Character traits I need toward on	The dominant emotion in my life right now...	Write how you deal with anger	Do I give myself enough nurturing to replenish self?

Coping Skills Bingo

Who do I want to meet	Am I on the right path?	The worst thing I ever did	Do I forgive self?	Some of the things that make me happy
Do I surround myself with positive-life people?	Write how you deal with anger	If I could live a day without consequences...	Character traits I need toward on	The most fun I ever had
How I describe myself	Am I open-minded?	FREE	Express the saddest memory ever	3 thing I would do if I weren't afraid to do them
Do I tell others what I really want?	The dominant emotion in my life right now...	Where do I want to be in a year from now? five years?	Do I give myself enough nurturing to replenish self?	Things I always did with my mom with I was little
How do I add value to the life of others?	My favourite Sunday Ritual	What I would do if I knew I could not fail...	What makes me unique	Do I take offence too easily?

Coping Skills Bingo

Character traits I need toward on	The dominant emotion in my life right now...	Am I on the right path?	My favourite Sunday Ritual	Am I open-minded?
Where do I want to be in a year from now? five years?	How I describe myself	How do I add value to the life of others?	What makes me unique	If I could live a day without consequences...
What I would do if I knew I could not fail...	Do I give myself enough nurturing to replenish self?	FREE	Things I always did with my mom with I was little	Do I tell others what I really want?
Who do I want to meet	The most fun I ever had	The worst thing I ever did	Write how you deal with anger	Do I surround myself with positive-life people?
Express the saddest memory ever	3 thing I would do if I weren't afraid to do them	Some of the things that make me happy	Do I forgive self?	Do I take offence too easily?