| B | I | N | G | O |
|---|---|---|---|---|
| Stare at others | Anger | Face turns red | Punch walls | Insulting others |
| Craving drink/drugs | Screaming/ yelling | Nausea | Anxiety | Scowl/angry face |
| Sweating | Arguing with others | **FREE** | Hands/Body shaking | Headache |
| Ruminating thoughts | Heavy/Fast breathing | Pacing | Feel hot | Mind goes blank |
| Clench fists | Raising voice | Crying | Throw things | Crying |



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

| B | I | N | G | O |
|---|---|---|---|---|
| Sweating | Throw things | Anxiety | Heavy/Fast breathing | Craving drink/drugs |
| Punch walls | Headache | Face turns red | Mind goes blank | Arguing with others |
| Hands/Body shaking | Anger | **FREE** | Feel hot | Pacing |
| Crying | Stare at others | Crying | Ruminating thoughts | Clench fists |
| Insulting others | Go quiet/shut down | Scowl/angry face | Nausea | Screaming/ yelling |



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

| B | I | N | G | O |
|---|---|---|---|---|
| Ruminating thoughts | Feel hot | Sweating | Crying | Punch walls |
| Raising voice | Scowl/angry face | Throw things | Heavy/Fast breathing | Arguing with others |
| Pacing | Anxiety | **FREE** | Hands/Body shaking | Face turns red |
| Go quiet/shut down | Insulting others | Clench fists | Anger | Stare at others |
| Screaming/ yelling | Nausea | Headache | Mind goes blank | Crying |



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