

Self Care Bingo

Write-your-own	??????	Glass of wine	Worse curse words	Scream at the world
Free Space	Write-your-own	Throw rocks	Another glass of wine	Write-your-own
Write-your-own	Cake (too much)	FREE	Punch a wall	Rage cry
Write-your-own	Scream at the enemy	Too much chocolate	Google the bad thing	Stink walk(walk off anger)
Curse words	Write-your-own	Free Space	Xanax	Free Space

Self Care Bingo

Write-your-own	Xanax	Another glass of wine	Scream at the enemy	Free Space
Worse curse words	Rage cry	Glass of wine	Stink walk(walk off anger)	Cake (too much)
Punch a wall	???????	FREE	Google the bad thing	Too much chocolate
Free Space	Write-your-own	Free Space	Write-your-own	Curse words
Scream at the world	Make an enemy	Write-your-own	Throw rocks	Write-your-own

Self Care Bingo

Write-your-own	Google the bad thing	Write-your-own	Free Space	Worse curse words
Write-your-own	Write-your-own	Xanax	Scream at the enemy	Cake (too much)
Too much chocolate	Another glass of wine	FREE	Punch a wall	Glass of wine
Make an enemy	Scream at the world	Curse words	???????	Write-your-own
Write-your-own	Throw rocks	Rage cry	Stink walk(walk off anger)	Free Space