

Coping Skills Bingo

Threaten	Avoid	Get Off-Topic	Scream	Mind Read
Deny Role in Problem	Take over conversation	Poor boundaries	Become Quiet	Purposely upset someone
Swear	Use Sarcastic Tone	FREE	Bring up the past	Lecture
Lie	Shut Down	Make fun of someone	Interrupt	Not Respond
Give Dirty Looks	Criticize	Pound on Kitchen Table	Yell	Disrespect

Coping Skills Bingo

Use Sarcastic Tone	Become Quiet	Scream	Deny Role in Problem	Poor boundaries
Get Off-Topic	Yell	Mind Read	Criticize	Purposely upset someone
Lie	Bring up the past	FREE	Lecture	Avoid
Interrupt	Pound on Kitchen Table	Threaten	Disrespect	Shut Down
Make fun of someone	Not Respond	Swear	Take over conversation	Give Dirty Looks

Coping Skills Bingo

Criticize	Pound on Kitchen Table	Become Quiet	Not Respond	Bring up the past
Threaten	Lie	Make fun of someone	Take over conversation	Mind Read
Swear	Disrespect	FREE	Shut Down	Interrupt
Use Sarcastic Tone	Purposely upset someone	Scream	Yell	Get Off-Topic
Lecture	Avoid	Poor boundaries	Deny Role in Problem	Give Dirty Looks