



SELF BINGO

Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 25 events:

avoidance, being at peace with yourself, coping skills, depression, domestic violence, emotions, feeling overwhelmed, flashbacks, future, hyperarousal, identity, loss, neglect, physical abuse, physical safety, preparing for change, psychological safety, relaxations, responses to stress- flight- fight- freeze, safety, safety language, sanctuary, self respect, sexual abuse, stress/trauma effects sense of SELF.



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Bingo Call Sheet

This is a randomized list of all 25 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



identity	being at peace with yourself	sexual abuse	physical abuse	future
preparing for change	psychological safety	emotions	avoidance	depression
safety language	physical safety	stress/trauma effects sense of SELF	self respect	safety
domestic violence	flashbacks	coping skills	responses to stress-flight-fight-freeze	sanctuary
hyperarousal	relaxations	feeling overwhelmed	loss	neglect

B	I	N	G	O
relaxations	being at peace with yourself	physical safety	identity	safety language
stress/trauma effects sense of SELF	avoidance	physical abuse	depression	domestic violence
feeling overwhelmed	self respect	FREE	preparing for change	sexual abuse
loss	psychological safety	safety	neglect	emotions
future	flashbacks	coping skills	responses to stress-flight- fight- freeze	hyperarousal

This bingo card was created randomly from a total of 25 events.
 avoidance, being at peace with yourself, coping skills, depression, domestic violence, emotions, feeling overwhelmed, flashbacks, future, hyperarousal, identity, loss, neglect, physical abuse, physical safety, preparing for change, psychological safety, relaxations, responses to stress- flight- fight- freeze, safety, safety language, sanctuary, self respect, sexual abuse, stress/trauma effects sense of SELF.

B	I	N	G	O
safety language	physical safety	loss	stress/trauma effects sense of SELF	preparing for change
hyperarousal	depression	future	psychological safety	emotions
identity	sexual abuse	FREE	coping skills	flashbacks
self respect	neglect	avoidance	relaxations	sanctuary
physical abuse	domestic violence	responses to stress-flight- fight- freeze	being at peace with yourself	feeling overwhelmed

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