



Boundaries Bingo Call Sheet

This is a randomized list of all 107 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



How my sleeping was affected	Relapse warning sign	No	No	Unhealthy coping
Anxiety	Financial Relationship Legal problems	Do something I do well	Not take medications	Affirmations
Resources	Relapse	Avoiding 'dangerous' people places or things	12-steps	Trigger
Unhealthy Boundaries	12-steps	Celebrated a Recovery Milestone within the past week	Communication	Acknowledging what I can and cannot change
Healthy Boundaries	Advanced Copers	Meditation	Co-occurring disorder	Trigger
Communication	Relapse warning sign	Children and/or Grandchildren	Meditation	Unhealthy coping



Boundaries Bingo Call Sheet

This continues the randomized list of all 107 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Celebrated a Recovery Milestone within the past week	Financial Relationship Legal problems	12-steps	Beginning Copers	Communication
Get support	Unhealthy coping	Get support	Trigger	Depression
Beginning Copers	Children and/or Grandchildren	Depression	Stressors	Going to meetings and support groups
Sponsor or counselor	Relapse	Resources	Healthy Boundaries	Not take medications
How my sleeping was affected	Find Spiritual Support	Groups or organizations	Going to meetings and support groups	Addiction
Financial Relationship Legal problems	Resources	Stressors	Co-occurring disorder	Relapse



Boundaries Bingo Call Sheet

This continues the randomized list of all 107 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Relapse	Beginning Copers	Going to meetings and support groups	Avoiding 'dangerous' people places or things	Stressors
Anxiety	Children and/or Grandchildren	Sponsor or counselor	Anxiety	Groups or organizations
Addiction	Meditation	Do something I do well	Expectations of Others	My job
Exercising	12-steps	My job	Acknowledging what I can and cannot change	No
Affirmations	Affirmations	Healthy Boundaries	Celebrated a Recovery Milestone within the past week	Not take medications
Unhealthy Boundaries	Unhealthy Boundaries	Advanced Copers	Do something I do well	No



Boundaries Bingo Call Sheet

This continues the randomized list of all 107 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Addiction	Co-occurring disorder	Expectations of Others	Relapse warning sign	Healthy Boundaries
Acknowledging what I can and cannot change	Exercising	Body Image	Unhealthy Boundaries	Find Spiritual Support
How my sleeping was affected	Find Spiritual Support	Body Image	Depression	Exercising
Advanced Copers	Get support			