



# DOMESTIC VIOLENCE

## 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, code words, 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, sanctuary, self respect, sexual abuse, stress/trauma effects sense of SELF.



# DOMESTIC VIOLENCE

## 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:



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

# DOMESTIC VIOLENCE BINGO

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

This bingo card was created randomly from a total of 25 events.  
 avoidance, being at peace with yourself, code words, 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, sanctuary, self respect, sexual abuse, stress/trauma effects sense of SELF.

# DOMESTIC VIOLENCE BINGO

safety	physical abuse	identity	stress/trauma effects sense of SELF	physical safety
future	coping skills	flashbacks	preparing for change	domestic violence
hyperarousal	sexual abuse	*****	code words	feeling overwhelmed
self respect	loss	avoidance	psychological safety	sanctuary
neglect	depression	relaxations	being at peace with yourself	emotions

This bingo card was created randomly from a total of 25 events.  
 avoidance, being at peace with yourself, code words, 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, sanctuary, self respect, sexual abuse, stress/trauma effects sense of SELF.