



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:



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