

# Bullshit Bingo: Gaslighting Edition

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## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/brd2w](https://mfbc.us/e/brd2w)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](https://myfreebingocards.com/virtual-bingo).

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/brd2w](https://mfbc.us/s/brd2w)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/brd2w](https://mfbc.us/e/brd2w)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

|                                                                             |                                           |                                                        |                                         |                                           |                              |                                      |
|-----------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------|-----------------------------------------|-------------------------------------------|------------------------------|--------------------------------------|
| I never said that.                                                          | You're too sensitive.                     | You're just being dramatic.                            | I only want the best for you.           | I'm concerned about your mental health.   | Don't put words in my mouth! | That's not what happened.            |
| You always focus on the negative.                                           | You don't know what you're talking about. | I don't know what you're talking about.                | Your friends don't know the "real" you. | We can't look forward while looking back. | I did it for your own good.  | You can't/couldn't do it without me. |
| Everyone knows you're (insert random insult, usually something outrageous). | You've always been difficult.             | No one else really loves you, they are just using you. |                                         |                                           |                              |                                      |

## Bullshit Bingo: Gaslighting Edition

|                                           |                           |                                           |                                         |                                                                             |
|-------------------------------------------|---------------------------|-------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|
| You always focus on the negative.         |                           | I never said that.                        |                                         | No one else really loves you, they are just using you.                      |
| I did it for your own good.               | That's not what happened. | You can't/couldn't do it without me.      | I'm concerned about your mental health. |                                                                             |
| You don't know what you're talking about. |                           | You're too sensitive.                     |                                         | You've always been difficult.                                               |
| Don't put words in my mouth!              |                           | I don't know what you're talking about.   | Your friends don't know the "real" you. | Everyone knows you're (insert random insult, usually something outrageous). |
|                                           |                           | We can't look forward while looking back. | I only want the best for you.           | You're just being dramatic.                                                 |

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|                                                        |                                                                             |                                           |                                           |                                         |
|--------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------|-----------------------------------------|
| You can't/couldn't do it without me.                   | I only want the best for you.                                               | That's not what happened.                 | You always focus on the negative.         | Don't put words in my mouth!            |
| I did it for your own good.                            |                                                                             | We can't look forward while looking back. | You don't know what you're talking about. |                                         |
| You've always been difficult.                          | Everyone knows you're (insert random insult, usually something outrageous). |                                           |                                           | I don't know what you're talking about. |
|                                                        |                                                                             | You're too sensitive.                     |                                           | I never said that.                      |
| No one else really loves you, they are just using you. |                                                                             | You're just being dramatic.               | I'm concerned about your mental health.   | Your friends don't know the "real" you. |

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|                                                        |                                           |                                         |                                                                             |                                         |
|--------------------------------------------------------|-------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------|
| We can't look forward while looking back.              | I'm concerned about your mental health.   | You can't/couldn't do it without me.    | Everyone knows you're (insert random insult, usually something outrageous). | I don't know what you're talking about. |
| You're just being dramatic.                            |                                           | Your friends don't know the "real" you. |                                                                             | You're too sensitive.                   |
|                                                        | I only want the best for you.             | You always focus on the negative.       |                                                                             | That's not what happened.               |
|                                                        | You don't know what you're talking about. |                                         | Don't put words in my mouth!                                                | You've always been difficult.           |
| No one else really loves you, they are just using you. | I never said that.                        | I did it for your own good.             |                                                                             |                                         |

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|                                                                             |                                           |                                                        |                               |                                      |
|-----------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------|-------------------------------|--------------------------------------|
| You're too sensitive.                                                       | I never said that.                        | You don't know what you're talking about.              |                               | I only want the best for you.        |
|                                                                             | I'm concerned about your mental health.   | No one else really loves you, they are just using you. | You've always been difficult. | You can't/couldn't do it without me. |
| You always focus on the negative.                                           | We can't look forward while looking back. | Your friends don't know the "real" you.                |                               |                                      |
| Everyone knows you're (insert random insult, usually something outrageous). | Don't put words in my mouth!              |                                                        | You're just being dramatic.   | I did it for your own good.          |
| That's not what happened.                                                   |                                           | I don't know what you're talking about.                |                               |                                      |

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|                                         |                                           |                                           |                                                                             |                                                        |
|-----------------------------------------|-------------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------|
| I never said that.                      |                                           | You're too sensitive.                     |                                                                             |                                                        |
| Don't put words in my mouth!            | You can't/couldn't do it without me.      | That's not what happened.                 |                                                                             | You're just being dramatic.                            |
| Your friends don't know the "real" you. |                                           | You've always been difficult.             | I did it for your own good.                                                 | I don't know what you're talking about.                |
|                                         |                                           | I'm concerned about your mental health.   | Everyone knows you're (insert random insult, usually something outrageous). | You always focus on the negative.                      |
|                                         | You don't know what you're talking about. | We can't look forward while looking back. | I only want the best for you.                                               | No one else really loves you, they are just using you. |

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|                                                                             |                                           |                                           |                                                        |                                         |
|-----------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------|--------------------------------------------------------|-----------------------------------------|
| I never said that.                                                          |                                           | You always focus on the negative.         |                                                        | Your friends don't know the "real" you. |
|                                                                             | That's not what happened.                 |                                           | I only want the best for you.                          | You can't/couldn't do it without me.    |
| I'm concerned about your mental health.                                     |                                           | We can't look forward while looking back. | No one else really loves you, they are just using you. | I don't know what you're talking about. |
| Don't put words in my mouth!                                                | You don't know what you're talking about. | You're too sensitive.                     | You've always been difficult.                          | I did it for your own good.             |
| Everyone knows you're (insert random insult, usually something outrageous). | You're just being dramatic.               |                                           |                                                        |                                         |

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|                                   |                                           |                                                                             |                                           |                                         |
|-----------------------------------|-------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------|
| You've always been difficult.     |                                           | No one else really loves you, they are just using you.                      | You don't know what you're talking about. | Your friends don't know the "real" you. |
|                                   | You can't/couldn't do it without me.      | That's not what happened.                                                   |                                           | I don't know what you're talking about. |
|                                   | We can't look forward while looking back. | I did it for your own good.                                                 |                                           | I'm concerned about your mental health. |
| I never said that.                | I only want the best for you.             | Everyone knows you're (insert random insult, usually something outrageous). |                                           | You're too sensitive.                   |
| You always focus on the negative. | Don't put words in my mouth!              |                                                                             | You're just being dramatic.               |                                         |

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|                                                                             |                                           |                                         |                                         |                                                        |
|-----------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------|-----------------------------------------|--------------------------------------------------------|
| You've always been difficult.                                               | You always focus on the negative.         | Don't put words in my mouth!            | I did it for your own good.             |                                                        |
|                                                                             | You're too sensitive.                     |                                         | I never said that.                      |                                                        |
| You can't/couldn't do it without me.                                        | We can't look forward while looking back. | I'm concerned about your mental health. |                                         |                                                        |
| You're just being dramatic.                                                 |                                           | Your friends don't know the "real" you. | I don't know what you're talking about. | No one else really loves you, they are just using you. |
| Everyone knows you're (insert random insult, usually something outrageous). |                                           | That's not what happened.               | I only want the best for you.           | You don't know what you're talking about.              |

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|                                           |                                                                             |                                                        |                                           |                                   |
|-------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------|-----------------------------------|
| Don't put words in my mouth!              | Everyone knows you're (insert random insult, usually something outrageous). | I only want the best for you.                          | You don't know what you're talking about. |                                   |
| I never said that.                        |                                                                             |                                                        | I don't know what you're talking about.   | You always focus on the negative. |
| We can't look forward while looking back. | I'm concerned about your mental health.                                     | You've always been difficult.                          |                                           | That's not what happened.         |
| You're just being dramatic.               |                                                                             | No one else really loves you, they are just using you. |                                           | I did it for your own good.       |
|                                           | You can't/couldn't do it without me.                                        |                                                        | Your friends don't know the "real" you.   | You're too sensitive.             |

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|                                         |                                           |                                                        |                                                                             |                                         |
|-----------------------------------------|-------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------|
| You're too sensitive.                   | You don't know what you're talking about. | No one else really loves you, they are just using you. |                                                                             |                                         |
| That's not what happened.               |                                           |                                                        |                                                                             |                                         |
| I only want the best for you.           | Your friends don't know the "real" you.   | You always focus on the negative.                      | Everyone knows you're (insert random insult, usually something outrageous). | You can't/couldn't do it without me.    |
| I don't know what you're talking about. | You've always been difficult.             | I never said that.                                     | You're just being dramatic.                                                 |                                         |
| I did it for your own good.             | We can't look forward while looking back. | Don't put words in my mouth!                           |                                                                             | I'm concerned about your mental health. |

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|                                         |                                           |                                                        |                                         |                                                                             |
|-----------------------------------------|-------------------------------------------|--------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|
|                                         | You're just being dramatic.               | You always focus on the negative.                      |                                         |                                                                             |
| I'm concerned about your mental health. | Don't put words in my mouth!              | I never said that.                                     | I only want the best for you.           | You can't/couldn't do it without me.                                        |
|                                         | You've always been difficult.             | No one else really loves you, they are just using you. | Your friends don't know the "real" you. | I don't know what you're talking about.                                     |
| That's not what happened.               | We can't look forward while looking back. | You don't know what you're talking about.              |                                         | You're too sensitive.                                                       |
|                                         |                                           |                                                        | I did it for your own good.             | Everyone knows you're (insert random insult, usually something outrageous). |

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|                                                                             |                                           |                                                        |                                           |                               |
|-----------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------|-------------------------------------------|-------------------------------|
| That's not what happened.                                                   |                                           | I'm concerned about your mental health.                |                                           |                               |
| Everyone knows you're (insert random insult, usually something outrageous). | I only want the best for you.             | I did it for your own good.                            | You're just being dramatic.               |                               |
| I don't know what you're talking about.                                     | You can't/couldn't do it without me.      |                                                        | Your friends don't know the "real" you.   | You've always been difficult. |
| I never said that.                                                          | You're too sensitive.                     | You always focus on the negative.                      | Don't put words in my mouth!              |                               |
|                                                                             | We can't look forward while looking back. | No one else really loves you, they are just using you. | You don't know what you're talking about. |                               |

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|                                      |                                                        |                                   |                               |                                                                             |
|--------------------------------------|--------------------------------------------------------|-----------------------------------|-------------------------------|-----------------------------------------------------------------------------|
| You can't/couldn't do it without me. | Your friends don't know the "real" you.                |                                   | Don't put words in my mouth!  | Everyone knows you're (insert random insult, usually something outrageous). |
| I only want the best for you.        |                                                        |                                   | You've always been difficult. | I'm concerned about your mental health.                                     |
| That's not what happened.            | You don't know what you're talking about.              | You always focus on the negative. |                               |                                                                             |
|                                      | No one else really loves you, they are just using you. |                                   | I did it for your own good.   | You're too sensitive.                                                       |
|                                      | I don't know what you're talking about.                | I never said that.                | You're just being dramatic.   | We can't look forward while looking back.                                   |

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|                                                                             |                                         |                                           |                                         |                                           |
|-----------------------------------------------------------------------------|-----------------------------------------|-------------------------------------------|-----------------------------------------|-------------------------------------------|
| Everyone knows you're (insert random insult, usually something outrageous). | Your friends don't know the "real" you. |                                           | I don't know what you're talking about. | I only want the best for you.             |
|                                                                             | You can't/couldn't do it without me.    | We can't look forward while looking back. | I did it for your own good.             | I'm concerned about your mental health.   |
|                                                                             | You're just being dramatic.             | That's not what happened.                 |                                         | I never said that.                        |
| No one else really loves you, they are just using you.                      |                                         | You're too sensitive.                     |                                         | You don't know what you're talking about. |
| You always focus on the negative.                                           | You've always been difficult.           | Don't put words in my mouth!              |                                         |                                           |

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|                                           |                              |                                                        |                                         |                                                                             |
|-------------------------------------------|------------------------------|--------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|
|                                           | Don't put words in my mouth! | I never said that.                                     | That's not what happened.               |                                                                             |
| We can't look forward while looking back. | You're too sensitive.        | I only want the best for you.                          |                                         |                                                                             |
| I'm concerned about your mental health.   |                              | You don't know what you're talking about.              | You can't/couldn't do it without me.    | You always focus on the negative.                                           |
| Your friends don't know the "real" you.   | I did it for your own good.  |                                                        | You've always been difficult.           |                                                                             |
| You're just being dramatic.               |                              | No one else really loves you, they are just using you. | I don't know what you're talking about. | Everyone knows you're (insert random insult, usually something outrageous). |

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|                                           |                                                        |                                         |                                         |                                                                             |
|-------------------------------------------|--------------------------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|
|                                           | I'm concerned about your mental health.                | I don't know what you're talking about. | You've always been difficult.           |                                                                             |
| You're too sensitive.                     | You're just being dramatic.                            | You can't/couldn't do it without me.    | Your friends don't know the "real" you. | I only want the best for you.                                               |
| We can't look forward while looking back. | No one else really loves you, they are just using you. |                                         | I never said that.                      | Everyone knows you're (insert random insult, usually something outrageous). |
| That's not what happened.                 | You always focus on the negative.                      | I did it for your own good.             | Don't put words in my mouth!            | You don't know what you're talking about.                                   |
|                                           |                                                        |                                         |                                         |                                                                             |

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|                                                                             |                                         |                             |                                                        |                                           |
|-----------------------------------------------------------------------------|-----------------------------------------|-----------------------------|--------------------------------------------------------|-------------------------------------------|
| I never said that.                                                          | I'm concerned about your mental health. |                             | You've always been difficult.                          | Your friends don't know the "real" you.   |
|                                                                             |                                         |                             | You don't know what you're talking about.              | Don't put words in my mouth!              |
| Everyone knows you're (insert random insult, usually something outrageous). | I only want the best for you.           |                             | I did it for your own good.                            | That's not what happened.                 |
| I don't know what you're talking about.                                     |                                         | You're just being dramatic. | No one else really loves you, they are just using you. | We can't look forward while looking back. |
| You always focus on the negative.                                           | You're too sensitive.                   |                             |                                                        | You can't/couldn't do it without me.      |

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## Bullshit Bingo: Gaslighting Edition

|                                           |                                   |                                         |                                                                             |                                           |
|-------------------------------------------|-----------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------|
| I don't know what you're talking about.   |                                   |                                         |                                                                             | You can't/couldn't do it without me.      |
| I only want the best for you.             | You always focus on the negative. | I'm concerned about your mental health. | No one else really loves you, they are just using you.                      | We can't look forward while looking back. |
| You're too sensitive.                     | I never said that.                | I did it for your own good.             | Everyone knows you're (insert random insult, usually something outrageous). | Don't put words in my mouth!              |
| You don't know what you're talking about. |                                   |                                         |                                                                             |                                           |
|                                           | That's not what happened.         | You're just being dramatic.             | You've always been difficult.                                               | Your friends don't know the "real" you.   |

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|                                           |                               |                                         |                                         |                                                                             |
|-------------------------------------------|-------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|
|                                           | I did it for your own good.   | Your friends don't know the "real" you. | I don't know what you're talking about. | Everyone knows you're (insert random insult, usually something outrageous). |
|                                           | Don't put words in my mouth!  |                                         | I only want the best for you.           | No one else really loves you, they are just using you.                      |
| We can't look forward while looking back. | You've always been difficult. | You always focus on the negative.       |                                         | You don't know what you're talking about.                                   |
| That's not what happened.                 |                               | You can't/couldn't do it without me.    |                                         |                                                                             |
| I never said that.                        | You're just being dramatic.   | I'm concerned about your mental health. | You're too sensitive.                   |                                                                             |

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|                                         |                                                        |                             |                                                                             |                                           |
|-----------------------------------------|--------------------------------------------------------|-----------------------------|-----------------------------------------------------------------------------|-------------------------------------------|
| I only want the best for you.           | You don't know what you're talking about.              |                             | I'm concerned about your mental health.                                     |                                           |
| That's not what happened.               | No one else really loves you, they are just using you. |                             | I never said that.                                                          |                                           |
| Your friends don't know the "real" you. | You're just being dramatic.                            | I did it for your own good. | I don't know what you're talking about.                                     | Don't put words in my mouth!              |
| You can't/couldn't do it without me.    |                                                        | You're too sensitive.       | You've always been difficult.                                               | We can't look forward while looking back. |
|                                         |                                                        |                             | Everyone knows you're (insert random insult, usually something outrageous). | You always focus on the negative.         |

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|                                           |                                                        |                                         |                                         |                                                                             |
|-------------------------------------------|--------------------------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|
| You don't know what you're talking about. | No one else really loves you, they are just using you. | I'm concerned about your mental health. |                                         | You always focus on the negative.                                           |
| We can't look forward while looking back. | I never said that.                                     | You're too sensitive.                   |                                         |                                                                             |
|                                           |                                                        | You've always been difficult.           | Your friends don't know the "real" you. | Everyone knows you're (insert random insult, usually something outrageous). |
| That's not what happened.                 | You can't/couldn't do it without me.                   |                                         | I only want the best for you.           | I don't know what you're talking about.                                     |
|                                           |                                                        | I did it for your own good.             | You're just being dramatic.             | Don't put words in my mouth!                                                |

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|                                         |                                         |                                           |                                                                             |                                                        |
|-----------------------------------------|-----------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------|
| I don't know what you're talking about. |                                         |                                           | Everyone knows you're (insert random insult, usually something outrageous). | No one else really loves you, they are just using you. |
| I never said that.                      | That's not what happened.               |                                           | Don't put words in my mouth!                                                |                                                        |
| You've always been difficult.           | You can't/couldn't do it without me.    | You're just being dramatic.               | I did it for your own good.                                                 | You always focus on the negative.                      |
|                                         | I only want the best for you.           | You don't know what you're talking about. |                                                                             |                                                        |
| You're too sensitive.                   | Your friends don't know the "real" you. | We can't look forward while looking back. | I'm concerned about your mental health.                                     |                                                        |

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|                                           |                                                                             |                                                        |                                         |                                         |
|-------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------|-----------------------------------------|
| I did it for your own good.               | Everyone knows you're (insert random insult, usually something outrageous). |                                                        | That's not what happened.               |                                         |
| You don't know what you're talking about. | You've always been difficult.                                               | We can't look forward while looking back.              | You're too sensitive.                   | Don't put words in my mouth!            |
| You can't/couldn't do it without me.      | I don't know what you're talking about.                                     |                                                        |                                         | Your friends don't know the "real" you. |
| I only want the best for you.             | You're just being dramatic.                                                 | No one else really loves you, they are just using you. | I'm concerned about your mental health. |                                         |
|                                           | You always focus on the negative.                                           |                                                        |                                         | I never said that.                      |

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|                                                        |                                           |                                         |                                                                             |                               |
|--------------------------------------------------------|-------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|-------------------------------|
| You're just being dramatic.                            | We can't look forward while looking back. |                                         |                                                                             | I did it for your own good.   |
| No one else really loves you, they are just using you. | I'm concerned about your mental health.   | Your friends don't know the "real" you. | You're too sensitive.                                                       | I never said that.            |
| I only want the best for you.                          |                                           |                                         | I don't know what you're talking about.                                     | Don't put words in my mouth!  |
| That's not what happened.                              |                                           |                                         | Everyone knows you're (insert random insult, usually something outrageous). |                               |
| You always focus on the negative.                      | You don't know what you're talking about. |                                         | You can't/couldn't do it without me.                                        | You've always been difficult. |

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|                                           |                                         |                           |                                                                             |                                                        |
|-------------------------------------------|-----------------------------------------|---------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------|
| We can't look forward while looking back. | I only want the best for you.           | You're too sensitive.     |                                                                             |                                                        |
| Don't put words in my mouth!              | I don't know what you're talking about. |                           | Everyone knows you're (insert random insult, usually something outrageous). | You've always been difficult.                          |
| I did it for your own good.               | I'm concerned about your mental health. |                           | You don't know what you're talking about.                                   | You're just being dramatic.                            |
| You can't/couldn't do it without me.      | Your friends don't know the "real" you. |                           | You always focus on the negative.                                           | No one else really loves you, they are just using you. |
|                                           | I never said that.                      | That's not what happened. |                                                                             |                                                        |

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|                                           |                               |                                                                             |                                           |                                                        |
|-------------------------------------------|-------------------------------|-----------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------|
|                                           |                               | Everyone knows you're (insert random insult, usually something outrageous). | You can't/couldn't do it without me.      |                                                        |
|                                           | You've always been difficult. | I don't know what you're talking about.                                     | You don't know what you're talking about. | I did it for your own good.                            |
|                                           | That's not what happened.     | I never said that.                                                          |                                           | No one else really loves you, they are just using you. |
| We can't look forward while looking back. | You're just being dramatic.   | I only want the best for you.                                               | Your friends don't know the "real" you.   | I'm concerned about your mental health.                |
| You always focus on the negative.         | Don't put words in my mouth!  |                                                                             |                                           | You're too sensitive.                                  |

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|                                           |                                                        |                                         |                                                                             |                                   |
|-------------------------------------------|--------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|-----------------------------------|
| I never said that.                        |                                                        | You've always been difficult.           | You're too sensitive.                                                       | I only want the best for you.     |
| You don't know what you're talking about. |                                                        |                                         | Your friends don't know the "real" you.                                     | You're just being dramatic.       |
|                                           | We can't look forward while looking back.              | I don't know what you're talking about. |                                                                             | You always focus on the negative. |
| Don't put words in my mouth!              | No one else really loves you, they are just using you. | I'm concerned about your mental health. | Everyone knows you're (insert random insult, usually something outrageous). | I did it for your own good.       |
|                                           | That's not what happened.                              | You can't/couldn't do it without me.    |                                                                             |                                   |

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## Bullshit Bingo: Gaslighting Edition

|                                           |                                                        |                                      |                                                                             |                                         |
|-------------------------------------------|--------------------------------------------------------|--------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------|
| I did it for your own good.               | You always focus on the negative.                      | You've always been difficult.        | That's not what happened.                                                   |                                         |
| You don't know what you're talking about. | You're just being dramatic.                            | You're too sensitive.                |                                                                             | I'm concerned about your mental health. |
|                                           | We can't look forward while looking back.              | You can't/couldn't do it without me. | Everyone knows you're (insert random insult, usually something outrageous). | Don't put words in my mouth!            |
|                                           |                                                        |                                      |                                                                             | I only want the best for you.           |
| Your friends don't know the "real" you.   | No one else really loves you, they are just using you. |                                      | I don't know what you're talking about.                                     | I never said that.                      |

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|                                                        |                                         |                                           |                                                                             |                               |
|--------------------------------------------------------|-----------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------|-------------------------------|
| I did it for your own good.                            |                                         | You're just being dramatic.               |                                                                             |                               |
|                                                        |                                         |                                           | I don't know what you're talking about.                                     | Don't put words in my mouth!  |
| I only want the best for you.                          | I'm concerned about your mental health. | Your friends don't know the "real" you.   | You're too sensitive.                                                       |                               |
| We can't look forward while looking back.              | You can't/couldn't do it without me.    | You don't know what you're talking about. |                                                                             | You've always been difficult. |
| No one else really loves you, they are just using you. | That's not what happened.               | You always focus on the negative.         | Everyone knows you're (insert random insult, usually something outrageous). | I never said that.            |

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| No one else really loves you, they are just using you. |                                         |                                           |                                                                             | You're too sensitive.                   |
|                                                        | I'm concerned about your mental health. | You don't know what you're talking about. | I did it for your own good.                                                 | You've always been difficult.           |
| You always focus on the negative.                      | I only want the best for you.           | I never said that.                        |                                                                             |                                         |
| I don't know what you're talking about.                | You can't/couldn't do it without me.    | We can't look forward while looking back. | Everyone knows you're (insert random insult, usually something outrageous). |                                         |
|                                                        | You're just being dramatic.             | That's not what happened.                 | Don't put words in my mouth!                                                | Your friends don't know the "real" you. |

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