

Therapy Bingo

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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 4 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/d4n9r2q

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next two pages 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 4.

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.

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/d4n9r2q

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/d4n9r2q

Go to 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.

Have Fun!

If you have any feedback or suggestions, drop us an email on 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.

NOTE - Your caller's card continues onto the next page of this PDF.

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.

coping skills	anxiety	family	social support	empathy	counselor	therapist
psychiatrist	coping skills	grounding techniques	mindfulness	caring	listening	communication
forgiveness	conflict	trigger	anger	happy	sad	embarrassed
fear	inpatient	outpatient	therapy	sleep	calm	self-esteem
purpose	awareness	friendship	meditation	thoughts	action	behavior
CBT	relax	insight	emotions	journaling	exercise	painting
art	crisis	honesty	goals	gratitude	appreciation	relationships

Bingo Caller's Card - Continued

symptoms	mood	diagnoses	mental health	progress	core beliefs	values
self-care	motivation	resilience	reflection	boundaries	strengths	trust
respect	positivity	negativity	stress	deep breathing	confidence	personality
assertiveness	fight or flight					

Therapy Bingo

counselor	psychiatrist	anger	family	communication
respect	friendship	personality	negativity	art
progress	coping skills	FREE SPACE	strengths	fear
meditation	calm	mindfulness	trigger	crisis
forgiveness	coping skills	conflict	deep breathing	trust

Therapy Bingo

crisis	positivity	psychiatrist	outpatient	self-esteem
self-care	mental health	coping skills	confidence	exercise
sleep	social support	FREE SPACE	goals	mood
thoughts	counselor	symptoms	sad	behavior
calm	respect	reflection	insight	resilience

Therapy Bingo

thoughts	relationships	self-esteem	core beliefs	trust
fight or flight	stress	conflict	crisis	friendship
forgiveness	motivation	FREE SPACE	boundaries	fear
purpose	self-care	inpatient	caring	negativity
grounding techniques	respect	family	outpatient	strengths

Therapy Bingo

inpatient	relationships	motivation	embarrassed	self-care
therapist	journaling	gratitude	fight or flight	communication
deep breathing	sleep	FREE SPACE	appreciation	confidence
fear	trigger	exercise	conflict	therapy
action	psychiatrist	meditation	trust	goals

Therapy Bingo

embarrassed	therapy	appreciation	communication	CBT
happy	motivation	fear	assertiveness	self-esteem
forgiveness	strengths	FREE SPACE	progress	resilience
social support	insight	honesty	sleep	personality
journaling	values	crisis	behavior	diagnoses

Therapy Bingo

relax	honesty	anger	purpose	painting
communication	resilience	self-esteem	fight or flight	goals
sleep	counselor	FREE SPACE	empathy	stress
therapy	art	friendship	anxiety	symptoms
listening	forgiveness	personality	psychiatrist	assertiveness

Therapy Bingo

anxiety	emotions	coping skills	relax	deep breathing
progress	fight or flight	empathy	meditation	mindfulness
social support	forgiveness	FREE SPACE	symptoms	gratitude
honesty	thoughts	trigger	coping skills	crisis
awareness	relationships	grounding techniques	self-care	friendship

Therapy Bingo

meditation	strengths	respect	counselor	therapist
emotions	friendship	mental health	negativity	calm
behavior	social support	FREE SPACE	therapy	purpose
self-care	grounding techniques	values	motivation	mood
insight	trust	CBT	inpatient	anxiety

Therapy Bingo

relationships	therapist	purpose	goals	behavior
painting	happy	exercise	self-esteem	symptoms
respect	confidence	FREE SPACE	boundaries	personality
friendship	honesty	listening	deep breathing	fear
action	caring	communication	trigger	appreciation

Therapy Bingo

values	strengths	happy	embarrassed	deep breathing
coping skills	reflection	therapist	social support	anger
trust	fight or flight	FREE SPACE	exercise	grounding techniques
anxiety	progress	coping skills	awareness	insight
trigger	assertiveness	action	fear	symptoms

Therapy Bingo

diagnoses	anger	listening	goals	outpatient
personality	mental health	journaling	happy	friendship
negativity	counselor	FREE SPACE	action	self-care
mindfulness	thoughts	trigger	social support	therapy
art	mood	reflection	insight	psychiatrist

Therapy Bingo

conflict	psychiatrist	awareness	coping skills	confidence
anger	assertiveness	thoughts	boundaries	meditation
mental health	resilience	FREE SPACE	negativity	inpatient
fear	calm	therapy	insight	honesty
friendship	caring	art	diagnoses	outpatient

Therapy Bingo

values	crisis	mental health	resilience	inpatient
mood	behavior	boundaries	confidence	empathy
self-esteem	appreciation	FREE SPACE	art	anxiety
strengths	negativity	psychiatrist	honesty	therapist
exercise	conflict	emotions	friendship	mindfulness

Therapy Bingo

listening	symptoms	boundaries	appreciation	meditation
empathy	trust	fight or flight	motivation	caring
anxiety	goals	FREE SPACE	confidence	crisis
positivity	personality	happy	relationships	negativity
core beliefs	conflict	calm	grounding techniques	insight

Therapy Bingo

outpatient	mood	awareness	grounding techniques	behavior
trigger	relax	journaling	thoughts	communication
respect	values	FREE SPACE	coping skills	reflection
core beliefs	relationships	therapist	anger	confidence
psychiatrist	self-esteem	sleep	embarrassed	negativity

Therapy Bingo

action	caring	therapist	conflict	outpatient
motivation	stress	assertiveness	insight	emotions
social support	inpatient	FREE SPACE	resilience	relax
strengths	thoughts	exercise	listening	embarrassed
diagnoses	purpose	happy	crisis	meditation

Therapy Bingo

trust	happy	mood	conflict	gratitude
therapy	communication	friendship	appreciation	art
empathy	emotions	FREE SPACE	goals	negativity
inpatient	thoughts	psychiatrist	progress	outpatient
strengths	deep breathing	awareness	anger	painting

Therapy Bingo

anger	trust	respect	mindfulness	caring
journaling	CBT	resilience	mood	mental health
honesty	meditation	FREE SPACE	crisis	stress
self-esteem	inpatient	appreciation	confidence	values
painting	conflict	goals	strengths	negativity

Therapy Bingo

purpose	calm	negativity	journaling	sleep
exercise	assertiveness	empathy	boundaries	anxiety
caring	outpatient	FREE SPACE	values	behavior
fight or flight	appreciation	personality	gratitude	confidence
coping skills	painting	listening	self-care	goals

Therapy Bingo

confidence	deep breathing	assertiveness	purpose	self-esteem
forgiveness	painting	conflict	listening	outpatient
coping skills	CBT	FREE SPACE	thoughts	stress
coping skills	awareness	progress	positivity	fear
communication	relationships	motivation	empathy	anger

Therapy Bingo

mood	deep breathing	fight or flight	therapy	coping skills
stress	conflict	awareness	inpatient	gratitude
mental health	painting	FREE SPACE	core beliefs	counselor
motivation	communication	embarrassed	personality	appreciation
action	happy	exercise	family	relax

Therapy Bingo

caring	trust	mental health	mindfulness	honesty
personality	gratitude	sad	therapist	purpose
positivity	CBT	FREE SPACE	appreciation	relax
communication	boundaries	relationships	coping skills	psychiatrist
meditation	coping skills	sleep	social support	mood

Therapy Bingo

journaling	boundaries	positivity	reflection	calm
family	CBT	anxiety	coping skills	happy
thoughts	deep breathing	FREE SPACE	mindfulness	emotions
outpatient	painting	sad	core beliefs	therapy
sleep	behavior	embarrassed	stress	crisis

Therapy Bingo

values	core beliefs	stress	assertiveness	positivity
negativity	diagnoses	trust	sad	relationships
symptoms	inpatient	FREE SPACE	anger	honesty
family	conflict	coping skills	self-esteem	calm
mood	forgiveness	meditation	thoughts	mental health

Therapy Bingo

values	gratitude	listening	strengths	core beliefs
mental health	confidence	family	embarrassed	journaling
psychiatrist	relax	FREE SPACE	mood	appreciation
grounding techniques	caring	purpose	mindfulness	behavior
stress	anxiety	symptoms	fight or flight	respect

Therapy Bingo

CBT	awareness	listening	motivation	goals
boundaries	relax	assertiveness	crisis	sad
relationships	trust	FREE SPACE	sleep	negativity
self- esteem	caring	action	emotions	grounding techniques
purpose	deep breathing	resilience	calm	gratitude

Therapy Bingo

progress	emotions	mindfulness	awareness	communication
relax	family	forgiveness	journaling	personality
confidence	embarrassed	FREE SPACE	sad	social support
therapist	sleep	fight or flight	respect	stress
action	thoughts	empathy	CBT	values

Therapy Bingo

values	calm	counselor	sleep	mindfulness
emotions	family	friendship	coping skills	happy
respect	assertiveness	FREE SPACE	symptoms	sad
reflection	forgiveness	trust	self-esteem	listening
social support	gratitude	trigger	exercise	inpatient

Therapy Bingo

values	painting	forgiveness	listening	calm
grounding techniques	anger	exercise	diagnoses	journaling
family	sad	FREE SPACE	relationships	purpose
symptoms	outpatient	trigger	insight	friendship
fight or flight	CBT	awareness	appreciation	relax

Therapy Bingo

listening	self-esteem	trigger	coping skills	social support
awareness	stress	strengths	action	assertiveness
therapist	relationships	FREE SPACE	deep breathing	insight
family	conflict	art	grounding techniques	embarrassed
emotions	mental health	calm	honesty	resilience