

CBT BINGO

myfreebingocards.com

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/ekfpxb3

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.

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/ekfpxb3

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/ekfpxb3

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.

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.

How can labeling affect self esteem?	Provide an example of a CBT coping skill you use.	Reframe this thought: "I will never succeed."	Example of all or nothing thinking.	How are thoughts, emotions, and behaviors related?	Example of fortune telling.
Example of overgeneralization.	Example of the "should" cognitive distortion.	Example of Catastrophizing	Example of Mind reading.	How are we influenced by core beliefs?	Name a helpful thought.
Name a helpful behavior when feeling anxious	Name an unhelpful behavior when anxious.	Name an unhelpful thought.	True or False: Your thoughts represent who you are.		

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Example of all or nothing thinking.	Example of the "should" cognitive distortion.	Name an unhelpful thought.	True or False: Your thoughts represent who you are.
Name a helpful thought.	Reframe this thought: "I will never succeed."	Example of overgeneralization.	Example of Mind reading.
How are thoughts, emotions, and behaviors related?	How can labeling affect self esteem?	FREE SPACE	Example of Catastrophizing
Name an unhelpful behavior when anxious.	How are we influenced by core beliefs?	Name a helpful behavior when feeling anxious	Example of fortune telling.

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Provide an example of a CBT coping skill you use.	How can labeling affect self esteem?	Name a helpful thought.	How are thoughts, emotions, and behaviors related?
Example of the "should" cognitive distortion.	Example of fortune telling.	Name a helpful behavior when feeling anxious	Example of Mind reading.
Example of all or nothing thinking.	FREE SPACE	Example of overgeneralization.	Name an unhelpful behavior when anxious.
Example of Catastrophizing	How are we influenced by core beliefs?	Name an unhelpful thought.	True or False: Your thoughts represent who you are.

CBT BINGO

Reframe this thought: "I will never succeed."	Name a helpful behavior when feeling anxious	Name an unhelpful behavior when anxious.	Example of the "should" cognitive distortion.
Example of all or nothing thinking.	How are thoughts, emotions, and behaviors related?	FREE SPACE	Provide an example of a CBT coping skill you use.
Example of Mind reading.	How are we influenced by core beliefs?	Example of Catastrophizing	How can labeling affect self esteem?
True or False: Your thoughts represent who you are.	Name an unhelpful thought.	Example of fortune telling.	Example of overgeneralization.

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Name an unhelpful thought.	Example of overgeneralization.	Provide an example of a CBT coping skill you use.	Example of Mind reading.
Reframe this thought: "I will never succeed."	FREE SPACE	True or False: Your thoughts represent who you are.	How are thoughts, emotions, and behaviors related?
Example of fortune telling.	Example of the "should" cognitive distortion.	How can labeling affect self esteem?	Name a helpful behavior when feeling anxious
Name a helpful thought.	Example of all or nothing thinking.	Example of Catastrophizing	Name an unhelpful behavior when anxious.

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Name an unhelpful thought.	Example of overgeneralization.	Example of Catastrophizing	How are thoughts, emotions, and behaviors related?
How can labeling affect self esteem?	Example of Mind reading.	Example of all or nothing thinking.	Name a helpful thought.
Name an unhelpful behavior when anxious.	FREE SPACE	Example of fortune telling.	Example of the "should" cognitive distortion.
Name a helpful behavior when feeling anxious	Reframe this thought: "I will never succeed."	How are we influenced by core beliefs?	Provide an example of a CBT coping skill you use.

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Name an unhelpful thought.	Example of all or nothing thinking.	Example of fortune telling.	Example of the "should" cognitive distortion.
How are thoughts, emotions, and behaviors related?	Provide an example of a CBT coping skill you use.	Reframe this thought: "I will never succeed."	Example of Catastrophizing
Name an unhelpful behavior when anxious.	True or False: Your thoughts represent who you are.	FREE SPACE	How can labeling affect self esteem?
Example of overgeneralization.	Name a helpful behavior when feeling anxious	Name a helpful thought.	Example of Mind reading.

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Example of fortune telling.	True or False: Your thoughts represent who you are.	How are we influenced by core beliefs?	Example of the "should" cognitive distortion.
Name an unhelpful behavior when anxious.	FREE SPACE	Example of Mind reading.	How are thoughts, emotions, and behaviors related?
Name a helpful thought.	Reframe this thought: "I will never succeed."	Name an unhelpful thought.	Name a helpful behavior when feeling anxious
Provide an example of a CBT coping skill you use.	Example of Catastrophizing	Example of all or nothing thinking.	Example of overgeneralization.

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Name a helpful thought.	How can labeling affect self esteem?	Example of Catastrophizing	Example of fortune telling.
Example of Mind reading.	Name an unhelpful thought.	FREE SPACE	Example of overgeneralization.
Reframe this thought: "I will never succeed."	Example of all or nothing thinking.	Example of the "should" cognitive distortion.	How are thoughts, emotions, and behaviors related?
Name an unhelpful behavior when anxious.	True or False: Your thoughts represent who you are.	How are we influenced by core beliefs?	Name a helpful behavior when feeling anxious

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How can labeling affect self esteem?	Name a helpful behavior when feeling anxious	Provide an example of a CBT coping skill you use.	Example of Mind reading.
Example of overgeneralization.	Example of the "should" cognitive distortion.	Name an unhelpful behavior when anxious.	Name an unhelpful thought.
Reframe this thought: "I will never succeed."	FREE SPACE	How are thoughts, emotions, and behaviors related?	How are we influenced by core beliefs?
Example of fortune telling.	True or False: Your thoughts represent who you are.	Name a helpful thought.	Example of Catastrophizing

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True or False: Your thoughts represent who you are.	Example of all or nothing thinking.	Example of fortune telling.	How are we influenced by core beliefs?
How are thoughts, emotions, and behaviors related?	Example of Mind reading.	Example of Catastrophizing	Provide an example of a CBT coping skill you use.
Name a helpful behavior when feeling anxious	FREE SPACE	Name an unhelpful behavior when anxious.	Name an unhelpful thought.
Example of overgeneralization.	Name a helpful thought.	Example of the "should" cognitive distortion.	How can labeling affect self esteem?

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Example of all or nothing thinking.	Example of Mind reading.	Example of the "should" cognitive distortion.	Reframe this thought: "I will never succeed."
How can labeling affect self esteem?	How are we influenced by core beliefs?	Name an unhelpful thought.	Provide an example of a CBT coping skill you use.
Name an unhelpful behavior when anxious.	FREE SPACE	True or False: Your thoughts represent who you are.	Example of fortune telling.
Example of Catastrophizing	Example of overgeneralization.	How are thoughts, emotions, and behaviors related?	Name a helpful thought.

CBT BINGO

Reframe this thought: "I will never succeed."	How are we influenced by core beliefs?	How are thoughts, emotions, and behaviors related?	Example of all or nothing thinking.
Name a helpful behavior when feeling anxious	Provide an example of a CBT coping skill you use.	Name a helpful thought.	Example of the "should" cognitive distortion.
Name an unhelpful behavior when anxious.	Example of Mind reading.	FREE SPACE	Name an unhelpful thought.
Example of Catastrophizing	Example of fortune telling.	How can labeling affect self esteem?	Example of overgeneralization.

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How can labeling affect self esteem?	Example of overgeneralization.	Name a helpful behavior when feeling anxious	Provide an example of a CBT coping skill you use.
Example of fortune telling.	Example of the "should" cognitive distortion.	Reframe this thought: "I will never succeed."	How are thoughts, emotions, and behaviors related?
How are we influenced by core beliefs?	Example of Catastrophizing	FREE SPACE	Example of Mind reading.
True or False: Your thoughts represent who you are.	Example of all or nothing thinking.	Name a helpful thought.	Name an unhelpful behavior when anxious.

CBT BINGO

Name a helpful behavior when feeling anxious	Example of overgeneralization.	Name an unhelpful behavior when anxious.	Example of fortune telling.
Provide an example of a CBT coping skill you use.	Name a helpful thought.	Reframe this thought: "I will never succeed."	How are thoughts, emotions, and behaviors related?
Example of Catastrophizing	FREE SPACE	Name an unhelpful thought.	True or False: Your thoughts represent who you are.
Example of Mind reading.	Example of the "should" cognitive distortion.	Example of all or nothing thinking.	How are we influenced by core beliefs?

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How are we influenced by core beliefs?	How can labeling affect self esteem?	Name an unhelpful thought.	Example of all or nothing thinking.
Provide an example of a CBT coping skill you use.	Example of Mind reading.	FREE SPACE	Example of the "should" cognitive distortion.
Reframe this thought: "I will never succeed."	Example of overgeneralization.	Name a helpful thought.	How are thoughts, emotions, and behaviors related?
Example of Catastrophizing	Example of fortune telling.	Name a helpful behavior when feeling anxious	Name an unhelpful behavior when anxious.

CBT BINGO

Example of Mind reading.	Name an unhelpful behavior when anxious.	Reframe this thought: "I will never succeed."	How are thoughts, emotions, and behaviors related?
Provide an example of a CBT coping skill you use.	Example of Catastrophizing	True or False: Your thoughts represent who you are.	Name an unhelpful thought.
Name a helpful behavior when feeling anxious	FREE SPACE	Name a helpful thought.	How can labeling affect self esteem?
Example of overgeneralization.	Example of all or nothing thinking.	How are we influenced by core beliefs?	Example of fortune telling.

CBT BINGO

Reframe this thought: "I will never succeed."	Name an unhelpful thought.	Example of overgeneralization.	Example of the "should" cognitive distortion.
Example of all or nothing thinking.	How are we influenced by core beliefs?	How can labeling affect self esteem?	Name a helpful behavior when feeling anxious
Example of Catastrophizing	FREE SPACE	Name a helpful thought.	Provide an example of a CBT coping skill you use.
Name an unhelpful behavior when anxious.	Example of fortune telling.	True or False: Your thoughts represent who you are.	Example of Mind reading.

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Example of all or nothing thinking.	Name an unhelpful behavior when anxious.	Example of Catastrophizing	Example of overgeneralization.
Provide an example of a CBT coping skill you use.	Reframe this thought: "I will never succeed."	True or False: Your thoughts represent who you are.	Name an unhelpful thought.
How can labeling affect self esteem?	Name a helpful behavior when feeling anxious	FREE SPACE	Name a helpful thought.
How are thoughts, emotions, and behaviors related?	Example of the "should" cognitive distortion.	How are we influenced by core beliefs?	Example of fortune telling.

CBT BINGO

Name a helpful thought.	How are thoughts, emotions, and behaviors related?	Example of fortune telling.	Name a helpful behavior when feeling anxious
Name an unhelpful behavior when anxious.	FREE SPACE	How can labeling affect self esteem?	Example of overgeneralization.
Provide an example of a CBT coping skill you use.	True or False: Your thoughts represent who you are.	Example of the "should" cognitive distortion.	Example of Mind reading.
How are we influenced by core beliefs?	Example of Catastrophizing	Name an unhelpful thought.	Reframe this thought: "I will never succeed."

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How are thoughts, emotions, and behaviors related?	Provide an example of a CBT coping skill you use.	Reframe this thought: "I will never succeed."	Example of Catastrophizing
How are we influenced by core beliefs?	True or False: Your thoughts represent who you are.	FREE SPACE	Example of all or nothing thinking.
Name an unhelpful thought.	How can labeling affect self esteem?	Name a helpful thought.	Name an unhelpful behavior when anxious.
Example of fortune telling.	Example of Mind reading.	Example of the "should" cognitive distortion.	Example of overgeneralization.

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True or False: Your thoughts represent who you are.	Reframe this thought: "I will never succeed."	How are we influenced by core beliefs?	Name an unhelpful thought.
Example of Mind reading.	FREE SPACE	Example of overgeneralization.	Example of fortune telling.
Example of the "should" cognitive distortion.	Name a helpful behavior when feeling anxious	Example of Catastrophizing	Example of all or nothing thinking.
How are thoughts, emotions, and behaviors related?	Name an unhelpful behavior when anxious.	Provide an example of a CBT coping skill you use.	Name a helpful thought.

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Name an unhelpful behavior when anxious.	Example of Catastrophizing	Example of overgeneralization.	Name a helpful behavior when feeling anxious
Name an unhelpful thought.	FREE SPACE	True or False: Your thoughts represent who you are.	Example of all or nothing thinking.
Example of Mind reading.	How can labeling affect self esteem?	Name a helpful thought.	Example of fortune telling.
Provide an example of a CBT coping skill you use.	Example of the "should" cognitive distortion.	How are we influenced by core beliefs?	Reframe this thought: "I will never succeed."

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Name a helpful thought.	Name a helpful behavior when feeling anxious	Example of Catastrophizing	Example of fortune telling.
How can labeling affect self esteem?	Name an unhelpful behavior when anxious.	How are thoughts, emotions, and behaviors related?	How are we influenced by core beliefs?
Provide an example of a CBT coping skill you use.	FREE SPACE	True or False: Your thoughts represent who you are.	Example of overgeneralization.
Reframe this thought: "I will never succeed."	Example of the "should" cognitive distortion.	Example of Mind reading.	Example of all or nothing thinking.

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How are thoughts, emotions, and behaviors related?	Example of all or nothing thinking.	Name a helpful thought.	Reframe this thought: "I will never succeed."
True or False: Your thoughts represent who you are.	Name an unhelpful thought.	Example of overgeneralization.	How are we influenced by core beliefs?
Provide an example of a CBT coping skill you use.	How can labeling affect self esteem?	FREE SPACE	Name an unhelpful behavior when anxious.
Example of Catastrophizing	Example of fortune telling.	Example of the "should" cognitive distortion.	Name a helpful behavior when feeling anxious

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Provide an example of a CBT coping skill you use.	Example of overgeneralization.	Example of fortune telling.	How can labeling affect self esteem?
Name an unhelpful behavior when anxious.	FREE SPACE	Example of Catastrophizing	Name a helpful behavior when feeling anxious
Name a helpful thought.	Reframe this thought: "I will never succeed."	Example of all or nothing thinking.	Example of the "should" cognitive distortion.
How are we influenced by core beliefs?	Name an unhelpful thought.	True or False: Your thoughts represent who you are.	Example of Mind reading.

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Example of Catastrophizing	How are we influenced by core beliefs?	Name a helpful behavior when feeling anxious	How are thoughts, emotions, and behaviors related?
Example of Mind reading.	FREE SPACE	Name an unhelpful behavior when anxious.	Name a helpful thought.
Example of overgeneralization.	Example of fortune telling.	Name an unhelpful thought.	True or False: Your thoughts represent who you are.
Provide an example of a CBT coping skill you use.	Reframe this thought: "I will never succeed."	Example of all or nothing thinking.	How can labeling affect self esteem?

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Name an unhelpful thought.	How are we influenced by core beliefs?	Provide an example of a CBT coping skill you use.	Example of Catastrophizing
Example of Mind reading.	FREE SPACE	Example of overgeneralization.	Name an unhelpful behavior when anxious.
Example of fortune telling.	How can labeling affect self esteem?	Reframe this thought: "I will never succeed."	True or False: Your thoughts represent who you are.
Name a helpful behavior when feeling anxious	Name a helpful thought.	Example of all or nothing thinking.	Example of the "should" cognitive distortion.

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Name a helpful thought.	How are thoughts, emotions, and behaviors related?	Example of Catastrophizing	Example of fortune telling.
Reframe this thought: "I will never succeed."	Example of all or nothing thinking.	Example of overgeneralization.	How can labeling affect self esteem?
Name a helpful behavior when feeling anxious	FREE SPACE	Example of the "should" cognitive distortion.	How are we influenced by core beliefs?
Provide an example of a CBT coping skill you use.	Example of Mind reading.	Name an unhelpful behavior when anxious.	True or False: Your thoughts represent who you are.

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Name a helpful thought.	Example of all or nothing thinking.	Example of Catastrophizing	Example of overgeneralization.
How are we influenced by core beliefs?	Example of Mind reading.	FREE SPACE	Example of fortune telling.
Name an unhelpful behavior when anxious.	How can labeling affect self esteem?	Provide an example of a CBT coping skill you use.	Reframe this thought: "I will never succeed."
How are thoughts, emotions, and behaviors related?	Example of the "should" cognitive distortion.	True or False: Your thoughts represent who you are.	Name a helpful behavior when feeling anxious

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How are we influenced by core beliefs?	True or False: Your thoughts represent who you are.	Example of Mind reading.	How are thoughts, emotions, and behaviors related?
Example of the "should" cognitive distortion.	Reframe this thought: "I will never succeed."	FREE SPACE	Name a helpful thought.
Example of overgeneralization.	Name an unhelpful thought.	Provide an example of a CBT coping skill you use.	Example of all or nothing thinking.
Name an unhelpful behavior when anxious.	Example of fortune telling.	Name a helpful behavior when feeling anxious	Example of Catastrophizing