BPD 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 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/nbu2sc

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/faq 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/nbu2sc

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/nbu2sc

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.

DARVO (Deny, Attack, Reverse Victim/Offender)	Gaslighting ("That never happened! I never did that!")	Crying	Reciting the script (you know the one)	Threatening self- harm/suicide	Raging	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)
Guilt Trips	Tantrum	Self- Victimization	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	Parentification	"Not my fault" syndrome	Moment of Clarity
Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	Manipulation	"I did the best I could."	Silent Treatment / Sulking	Betrayal of trust / weaponizing personal information	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)
Send in the Flying Monkeys!	Jealousy of other parent/ILs/friends/spouse/child/pet	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)				

Relationship

Hypervigilance (an unhealthy level of

interest in the

comments, thoughts

and interests of

Send in

the Flying

Monkeys!

Threatening

self-

harm/suicide

Denial of bodily

autonomy/privacy (forced hugs, unwanted

BPD Bingo

Mirroring (Imitating or

copying another

person's

characteristics.

behaviors or

traits.)

Self-

Victimization

FREE

SPACE

Manipulation

Moment

of

Clarity

"Not mv

fault"

syndrome

Parentification

Tantrum

Gaslighting

"That never

happened! I

never did

that!")

Betrayal of

trust /

weaponizing

personal

information

turn you against

someone else by presenting them

as a villain/abuser)

Catastrophizing (assuming a "wors

case scenario" and

inappropriately

characterizing minor

or moderate

problems or issues

as catastrophic events.)

"I did

Silent

/ Sulking

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Crying

Raging

DARVO (Deny,

Attack, Reverse Victim/Offender)

"I Saw Something

Nasty In the

Woodshed"

(Referencing past

iustification /

excuse for bad

behaviors)

Reciting

the script

(you know

the one)

* BPD Bingo \star * * Relationship Gaslighting Moment Hypervigilance (an unhealthy level of ("That never Self-Raging of interest in the happened! I Victimization behaviors, comments, thoughts never did Clarity and interests of that!") \star Reciting Send in DARVO (Deny, Attack, Reverse Victim/Offender) the script the Flying Crvina (you know Monkeys! the one) **Betrayal of** Guilt **FREE** * trust / **Threatening** selfweaponizing Manipulation **Trips** SPACE harm/suicide personal information * Catastrophizing "I Saw Something "I did (assuming a "worst case scenario" and Nasty In the "Not my Woodshed" (Referencing past trauma as a inappropriately the best fault" Tantrum characterizing mind or moderate I could." syndrome iustification / problems or issues excuse for bad as catastrophic events.) behaviors) Mirroring (Imitating or copying another Poisoning the well Silent Denial of bodily (an attempt to turn you against autonomy/privacy (forced hugs, unwanted **Treatment** Parentification someone else by presenting them person's characteristics. / Sulking as a villain/abuser) touching) behaviors or traits.) myfreebingocards.com

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*				-0		7
* -	Tantrum	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Send in the Flying Monkeys!	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)	Moment of Clarity	7
*	"I did the best I could."	Parentification	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	Threatening self- harm/suicide	Reciting the script (you know the one)	7
* * * * * * * * * * * * * * * * * * *	DARVO (Deny, Attack, Reverse Victim/Offender)	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	FREE SPACE	Self- Victimization	Betrayal of trust / weaponizing personal information	7
* * * *	Guilt Trips	Gaslighting ("That never happened! I never did that!")	Crying	Silent Treatment / Sulking	Analoussy of after paraent/it.a/Trendicspounce/child/pet	7
* * * *	Raging	"Not my fault" syndrome	Manipulation	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	
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Mirroring (Imitating or

copying another

person's

characteristics.

behaviors or

traits.)

Self-

Victimization

"Not mv

fault"

syndrome

Crying

Denial of bodily

autonomy/privacy (forced hugs, unwanted

Catastrophizing (assuming a "worst

case scenario" and

inappropriately

characterizing mino

or moderate

problems or issues

as catastrophic

events.)

Gaslighting

("That never

happened! I

never did

that!")

Threatening

self-

harm/suicide

Betrayal of

trust /

weaponizing

personal

information

Send in

the Flying

Monkeys!



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*	Threatening	Relationship Hypervigilance (an unhealthy level of interest in the	Gaslighting ("That never		"I Saw Something Nasty In the Woodshed"	- ^
*	self- harm/suicide	behaviors, comments, thoughts and interests of	happened! I never did that!")	Jealousy of other parent/ILs/friends/spouse/child/pet	(Referencing past trauma as a justification / excuse for bad	- ^
*		others.)	tilat:)		behaviors) Catastrophizing	*
*	Betrayal of trust / weaponizing	"I did the best	Tantrum	Mirroring (Imitating or copying another person's	(assuming a "worst case scenario" and inappropriately characterizing minor	*
*	personal information	I could."	Tantium	characteristics, behaviors or traits.)	or moderate problems or issues as catastrophic events.)	*
*		5			events.)	*
*	Self- Victimization	Reciting the script (you know	FREE	Parentification	DARVO (Deny, Attack, Reverse Victim/Offender)	*
*	Victimization	the one)	SPACE		Victim/Offender)	*
*				Poisoning the well		+
*	"Not my fault"	Silent Treatment	Crying	(an attempt to turn you against someone else by presenting them	Manipulation	*
*	syndrome	/ Sulking	, ,	as a villain/abuser)		*
*		Guilt	Donial of hadily	Moment	Send in	- ★
*	Raging		Denial of bodily autonomy/privacy (forced hugs, unwanted	of	the Flying	★
*		Trips	touching)	Clarity	Monkeys!	■
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Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	Tantrum	Send in the Flying Monkeys!	"Not my fault" syndrome	Betrayal of trust / weaponizing personal information
Raging	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	DARVO (Deny, Attack, Reverse Victim/Offender)	"I did the best I could."	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)
Moment of Clarity	Self- Victimization	FREE SPACE	Guilt Trips	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)
Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Threatening self- harm/suicide	Manipulation	Silent Treatment / Sulking	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)
Reciting the script (you know the one)	Japhousy of other parentift. It friends to pouse (thild/pet	Gaslighting ("That never happened! I never did that!")	Crying	Parentification

"Not my

fault"

syndrome

Parentification

Moment

of

Clarity

Raging

"I Saw Something

Nasty In the

Woodshed

(Referencing past trauma as a

justification / excuse for bad

Silent

Treatment

/ Sulking

Gaslighting

("That never

happened! I

never did

that!")

Poisoning the well (an attempt to turn you against someone else by presenting them

as a villain/abuser)

Reciting

the script

(you know

the one)

DARVO (Deny,

Attack, Reverse Victim/Offender)

BPD Bingo

"I did

the best

I could."

Mirroring (Imitating or copying another

person's

characteristics.

behaviors or

traits.)

FREE

SPACE

Send in

the Flying

Monkeys!

Catastrophizing

(assuming a "worst

case scenario" and

inappropriately

or moderate

problems or issues

as catastrophic

events.)

characterizing mino

Relationship

Hypervigilance (an

unhealthy level of

interest in the

comments, thoughts

and interests of

Self-

Victimization

Threatening

self-

harm/suicide

Betrayal of

trust /

weaponizing

personal

information

Jealousy of other parent/ILs/friends/spouse/child/pet

behaviors,

Denial of bodily

Bingo Card ID 012 * BPD Bingo * * * "Not my **Denial of bodily** DARVO (Deny, autonomy/privacy Raging fault" Attack. Reverse Parentification (forced hugs, unwanted touching) Victim/Offender) syndrome \star Guilt **Moment** Silent of **Treatment** Crvina **Trips** / Sulking Clarity "I did **FREE** \star **Threatening** Selfthe best self-**Manipulation** Victimization SPACE harm/suicide I could." Relationship Mirroring (Gaslighting **Betrayal of** Hypervigilance (an **Imitating** or ("That never trust / unhealthy level of copying another interest in the Tantrum happened! I weaponizing person's characteristics. personal never did comments, thoughts behaviors or and interests of information traits.) that!") others) Catastrophizing "I Saw Something Reciting Poisoning the well (assuming a "worst Nasty In the Send in (an attempt to turn case scenario" and Woodshed" the script inappropriately (Referencing past trauma as a the Flying someone else by characterizing mino (you know presenting them or moderate justification / excuse for bad Monkeys! as a villain/abuser) problems or issues the one) as catastrophic myfreebingocards.com

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^ ★ ★	Self- Victimization	Gaslighting ("That never happened! I never did that!")	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)	Guilt Trips	Moment of Clarity	,
* * *	Betrayal of trust / weaponizing personal information	Crying	Threatening self- harm/suicide	Parentification	Send in the Flying Monkeys!	7
* * *	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	Raging	FREE SPACE	DARVO (Deny, Attack, Reverse Victim/Offender)	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	7
	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	"I did the best I could."	Judicusy of other garentiff_influendu/spooses/childpet	"Not my fault" syndrome	7
	Tantrum	Manipulation	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Silent Treatment / Sulking	Reciting the script (you know the one)	
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	Guilt rips	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)	Manipulation	Moment of Clarity	Betrayal of trust / weaponizing personal information
Vi	Self- ctimization	Reciting the script (you know the one)	Jacksong of other parent/IL officential represent/shill-jest	Parentification	DARVO (Deny, Attack, Reverse Victim/Offender)
	Silent reatment Sulking	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)	FREE SPACE	Raging	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)
(an so pr	soning the well attempt to turn you against meone else by esenting them as a illain/abuser)	"I did the best I could."	Tantrum	Crying	Send in the Flying Monkeys!
con	Relationship pervigilance (an shealthy level of interest in the behaviors, ments, thoughts and interests of	Threatening self- harm/suicide	Gaslighting ("That never happened! I never did that!")	Denial of bodily autonomy/privacy (forced hugs, unnwanted touching)	"Not my fault" syndrome

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*	Parentification	Manipulation	"I did the best	Threatening self-	DARVO (Deny, Attack, Reverse Victim/Offender)	★
*			I could."	harm/suicide	victim/oriender)	_ ★
*		Silent	Self-	Moment	Reciting the script	* *
*	Tantrum	Treatment / Sulking	Victimization	of Clarity	(you know the one)	_^ *
*	Poisoning the well (an attempt to turn you against someone else by presenting them	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a	FREE SPACE	Mirroring (Imitating or copying another person's characteristics,	Guilt	* *
*	as a villain/abuser)	justification / excuse for bad behaviors)	SPACE	behaviors or traits.)	Trips	★
^ ★	Raging	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of	Jealousy of other parent/ILs/friends/spouse/child/pet	Gaslighting ("That never happened! I never did	Send in the Flying Monkeys!	^ *
*		others.)		that!")		*
*	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	"Not my fault" syndrome	Crying	Betrayal of trust / weaponizing personal information	*
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Manipulation	"Not my fault" syndrome	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)	Catastrophizing (assuming a worst case scenario' and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)	Self- Victimization
Moment of Clarity	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	Parentification	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	Reciting the script (you know the one)
Tantrum	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	FREE SPACE	Judiciacy of other parent, il., aftered a repose of child just	Guilt Trips
Gaslighting ("That never happened! I never did that!")	Send in the Flying Monkeys!	DARVO (Deny, Attack, Reverse Victim/Offender)	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	Crying
Betrayal of trust / weaponizing personal information	"I did the best I could."	Raging	Silent Treatment / Sulking	Threatening self- harm/suicide

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* *	Moment	Send in the Flying	DARVO (Deny, Attack, Reverse Victim/Offender)	Parentification	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a	* *
*	Clarity	Monkeys!	victini/Oriender)		justification / excuse for bad behaviors)	*
* * *	Raging	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	"Not my fault" syndrome	* * *
* * *	Silent Treatment / Sulking	Japhoury of other parentiff, a friends reposes/shift/pet	FREE SPACE	Manipulation	Gaslighting ("That never happened! I never did that!")	* * *
* * * -	Self- Victimization	Betrayal of trust / weaponizing personal information	Tantrum	Threatening self- harm/suicide	Reciting the script (you know the one)	* * *
* * * *	"I did the best I could."	Crying	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)	Guilt Trips	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	* * * *
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	Send in the Flying Monkeys!	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	Parentification	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)
	Reciting the script (you know the one)	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Tantrum	"I did the best I could."	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)
	Betrayal of trust / weaponizing personal information	Crying	FREE SPACE	Threatening self- harm/suicide	Guilt Trips
	Raging	Self- Victimization	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)	Moment of Clarity	Manipulation
	DARVO (Deny, Attack, Reverse Victim/Offender)	"Not my fault" syndrome	disabour of other parent/Ex/friends/spouse/child/pet	Silent Treatment / Sulking	Gaslighting ("That never happened! I never did that!")

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*		"I Saw Something	Catastrophizing			*
*	Manipulation	Nasty In the Woodshed" (Referencing past trauma as a	(assuming a "worst case scenario" and inappropriately characterizing minor or moderate	Guilt	Poisoning the well (an attempt to turn you against someone else by presenting them	*
*		justification / excuse for bad behaviors)	problems or issues as catastrophic events.)	Trips	as a villain/abuser)	*
*	Mirroring (Imitating or copying another		"Not my	"I did		★
★	person's characteristics, behaviors or traits.)	Raging	fault" syndrome	the best I could."	Self- Victimization	★
*		Gaslighting			Relationship	*
★	Threatening self- harm/suicide	("That never happened! I never did	FREE SPACE	Jealousy of other parent/iLs/triends/spouse/child/pet	Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts	* *
^ ★		that!")			and interests of others.)	■
^ ★	Silent	Betrayal of trust /	Moment	Send in	Denial of bodily	- ^
*	Treatment / Sulking	weaponizing personal information	of Clarity	the Flying Monkeys!	autonomy/privacy (forced hugs, unwanted touching)	*
*						*
*	•		Reciting the script		DARVO (Deny,	*
*	Crying	Tantrum	(you know the one)	Parentification	Attack, Reverse Victim/Offender)	 ★
*			the one)			*
*				myfreebing	jocards.com	*

Send in

the Flying

Monkeys!

Tantrum

Moment

of

Clarity

Crying

BPD Bingo

"I Saw Something

Nasty In the

Woodshed'

(Referencing past trauma as a

iustification /

Threatening

self-

harm/suicide

FREE

SPACE

Poisoning the well (an attempt to turn

you against

someone else by

presenting them

villain/abuser)

Relationship

Hypervigilance (an unhealthy level of

interest in the

omments, thoughts and interests of

Guilt

Trips

Recitina

the script

(you know

the one)

Manipulation

Silent

Treatment

/ Sulking

"I did

the best

I could."

Betrayal of

trust /

weaponizing

personal

information

Gaslighting

("That never

happened! I

never did

that!")

Denial of bodily

autonomy/privacy (forced hugs, unwanted

Parentification

"Not mv

fault"

syndrome

Self-

Catastrophizing

(assuming a "wors

case scenario" and

inappropriately

or moderate

problems or issues

as catastrophic events.)

Mirroring (

person's

characteristics,

behaviors or

traits.)

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Bingo Card ID 024 * BPD Bingo \star * Poisoning the well (an attempt to Reciting "Not my Silent DARVO (Deny, Attack, Reverse Victim/Offender) the script turn you against someone else by **Treatment** fault" (you know presenting them / Sulking syndrome as a villain/abuser) the one) \star Catastrophizing Mirroring (Imitating or copying another (assuming a "worst case scenario" and inappropriately characterizing minor Parentification Tantrum person's characteristics. or moderate problems or issues behaviors or traits.) as catastrophic events. Gaslighting Moment Denial of bodily **FREE** ("That never autonomy/privacy (forced hugs, unwanted of happened! I Manipulation SPACE never did **Clarity** that!") * "I Saw Something **Betrayal of** Guilt Nasty In the trust / Woodshed" (Referencing past trauma as a justification / excuse for bad Crying Raging weaponizing **Trips** personal information behaviors) Relationship "I did Hypervigilance (an Send in healthy level of Threatening Selfthe Flying the best interest in the self-Victimization harm/suicide comments, thoughts I could." Monkeys! and interests of myfreebingocards.com

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*						*
*	"I Saw Something Nasty In the		C:I4			*
*	Woodshed" (Referencing past trauma as a	Denial of bodily autonomy/privacy (forced hugs, unwanted	Guilt	Self- Victimization	DARVO (Deny, Attack, Reverse Victim/Offender)	*
*	justification / excuse for bad behaviors)	touching)	Trips		vicani/Oriender)	*
*	11, 1: 1					*
*	"I did the best	Manipulation	Threatening self-	Send in the Flying	Jealousy of other parent/ILa/friends/spouss/child/pet	*
*	I could."		harm/suicide	Monkeys!		*
*	Catastrophizing			D : 1 (Mirroring (*
*	(assuming a "worst case scenario" and inappropriately characterizing minor	Raging	FREE	Betrayal of trust / weaponizing	Imitating or copying another person's	*
*	or moderate problems or issues as catastrophic events.)	raging	SPACE	personal information	characteristics, behaviors or traits.)	*
*	events.)					*
*	Poisoning the well (an attempt to turn you against	Reciting the script	Silent Treatment	Moment of	Parentification	*
*	someone else by presenting them as a villain/abuser)	(you know the one)	/ Sulking	Clarity	Parentification	*
*		,				*
*	Relationship Hypervigilance (an unhealthy level of	Gaslighting ("That never	"Not my	•		*
*	interest in the behaviors, comments, thoughts and interests of	happened! I never did	fault" syndrome	Crying	Tantrum	*
*	others.)	that!")				*
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*	Threatening self-	Jealousy of other parent/ILs/friends/spouss/child/pet	Relationship Hypervigilance (an unhealthy level of interest in the behaviors,	DARVO (Deny, Attack, Reverse Victim/Offender)	Raging	- ★				
*	harm/suicide		comments, thoughts and interests of others.)	victim/Offender)	33	*				
★		Silent	Send in	"I Saw Something Nasty In the Woodshed"	Reciting the script	_ ★				
★	Tantrum	Treatment / Sulking	the Flying Monkeys!	(Referencing past trauma as a justification / excuse for bad behaviors)	(you know the one)	_^ ★				
*				,		*				
* *	Parentification	Self- Victimization	FREE SPACE	Betrayal of trust / weaponizing personal information	Guilt Trips	* *				
*						*				
*	Gaslighting ("That never happened! I	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor	"Not my fault"	Moment	Denial of bodily autonomy/privacy (forced hugs.	*				
*	never did that!")	or moderate problems or issues as catastrophic events.)	syndrome	Clarity	(forced hugs, unwanted touching)	*				
*			"I did	Poisoning the well	Mirroring (*				
*	Crying	Manipulation	"I did the best	Poisoning the well (an attempt to turn you against someone else by presenting them	Imitating or copying another person's characteristics,	*				
★			I could."	as a villain/abuser)	behaviors or traits.)	* *				
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*	DDD Dingo								
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*						*			
*	Poisoning the well		"I did			*			
*	(an attempt to turn you against someone else by presenting them	Denial of bodily autonomy/privacy (forced hugs, unwanted	the best	DARVO (Deny, Attack, Reverse Victim/Offender)	Tantrum	*			
*	as a villain/abuser)	touching)	I could."	Victini, Girender)		*			
*						*			
*	Send in the Flying	Crying	Parentification	Threatening self-	Jealousy of other parent/II.s/friends/spouse/child/pet	*			
*	Monkeys!			harm/suicide		★			
*	Relationship			Mirroring (Catastrophizing	*			
*	Hypervigilance (an unhealthy level of interest in the behaviors.	Moment of	FREE	Imitating or copying another person's	(assuming a "worst case scenario" and inappropriately characterizing minor	*			
*	comments, thoughts and interests of others.)	Clarity	SPACE	characteristics, behaviors or traits.)	or moderate problems or issues as catastrophic events.)	★			
*				D :::		*			
*	"Not my fault"	Manipulation	Self-	Reciting the script	Guilt	*			
*	syndrome		Victimization	(you know the one)	Trips	*			
*			III O O athir			*			
*	Betrayal of trust / weaponizing	Silent Treatment	"I Saw Something Nasty In the Woodshed" (Referencing past	Raging	Gaslighting ("That never happened! I	*			
*	personal	/ Sulking	trauma as a justification / excuse for bad behaviors)	Raying	never did that!")	*			
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