

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/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/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)				

Bingo Card ID 001

BPD Bingo

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

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Bingo Card ID 002

BPD Bingo

Self-Victimization	Raging	Moment of Clarity	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	Gaslighting ("That never happened! I never did that!")
Jealousy of other parent/Life/friends/spouse/child/pet	DARVO (Deny, Attack, Reverse Victim/Offender)	Reciting the script (you know the one)	Send in the Flying Monkeys!	Crying
Threatening self-harm/suicide	Guilt Trips	FREE SPACE	Betrayal of trust / weaponizing personal information	Manipulation
"I did the best I could."	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)	"Not my fault" syndrome	Tantrum	"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)	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Parentification	Silent Treatment / Sulking

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Bingo Card ID 003

BPD Bingo

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

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Bingo Card ID 004

BPD Bingo

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
"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)
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
Guilt Trips	Gaslighting ("That never happened! I never did that!")	Crying	Silent Treatment / Sulking	<small>Jealousy of other parent(s), friends/spouse/child/pet</small>
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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Bingo Card ID 005

BPD Bingo

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

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Bingo Card ID 006

BPD Bingo

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

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Bingo Card ID 007

BPD Bingo

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

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Bingo Card ID 008

BPD Bingo

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

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BPD Bingo

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

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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)	<small>Jealousy of other parent/Ls/friends/spouse/child/pet</small>	Gaslighting ("That never happened! I never did that!")	Crying	Parentification

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Bingo Card ID 011

BPD Bingo

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

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Bingo Card ID 012

BPD Bingo

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

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Bingo Card ID 013

BPD Bingo

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!
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)
"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."	Jalousy of other parent/s, friends/spouse/child/pet	"Not my fault" syndrome
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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Bingo Card ID 014

BPD Bingo

Guilt Trips	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
Self-Victimization	Reciting the script (you know the one)	Jalousy of other parent/s, friends/spouse/child/pet	Parentification	DARVO (Deny, Attack, Reverse Victim/Offender)
Silent Treatment / 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.)
Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	"I did the best I could."	Tantrum	Crying	Send in the Flying Monkeys!
Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	Threatening self-harm/suicide	Gaslighting ("That never happened! I never did that!")	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	"Not my fault" syndrome

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Bingo Card ID 015

BPD Bingo

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

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Bingo Card ID 016

BPD Bingo

Parentification	Manipulation	"I did the best I could."	Threatening self-harm/suicide	DARVO (Deny, Attack, Reverse Victim/Offender)
Tantrum	Silent Treatment / Sulking	Self-Victimization	Moment of Clarity	Reciting the script (you know the one)
Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)	FREE SPACE	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Guilt Trips
Raging	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	<small>Jealousy of other parent/ILs/friends/spouse/child/pet</small>	Gaslighting ("That never happened! I never did that!")	Send in the Flying Monkeys!
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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Bingo Card ID 017

BPD Bingo

Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Parentification	Crying	Threatening self-harm/suicide	Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)
Send in the Flying Monkeys!	"Not my fault" syndrome	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	Guilt Trips	Gaslighting ("That never happened! I never did that!")
Moment of Clarity	"I Saw Something Nasty in the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)	FREE SPACE	<small>Jalousy of other parent/s, ex/romantic partner/child/pet</small>	Manipulation
Raging	Betrayal of trust / weaponizing personal information	Silent Treatment / Sulking	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)
Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	Tantrum	"I did the best I could."	Self-Victimization	DARVO (Deny, Attack, Reverse Victim/Offender)

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Bingo Card ID 018

BPD Bingo

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	<small>Jalousy of other parent/s, ex/romantic partner/child/pet</small>	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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Bingo Card ID 019

BPD Bingo

DARVO (Deny, Attack, Reverse Victim/Offender)	<small>Jealousy of other parent/friends/spouse/child/pet</small>	Guilt Trips	Betrayal of trust / weaponizing personal information	Manipulation
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.)	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	Moment of Clarity	Reciting the script (you know the one)
Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	Threatening self-harm/suicide	FREE SPACE	Crying	Send in the Flying Monkeys!
Raging	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	"I did the best I could."	Self-Victimization	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)
Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Silent Treatment / Sulking	Parentification	Tantrum	"Not my fault" syndrome

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Bingo Card ID 020

BPD Bingo

Moment of Clarity	Send in the Flying Monkeys!	DARVO (Deny, Attack, Reverse Victim/Offender)	Parentification	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a 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	<small>Jealousy of other parent/friends/spouse/child/pet</small>	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	<small>Jealousy of other parent/s, friends/spouse/child/pet</small>	Silent Treatment / Sulking	Gaslighting ("That never happened! I never did that!")

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Bingo Card ID 022

BPD Bingo

Manipulation	"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.)	Guilt Trips	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)
Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Raging	"Not my fault" syndrome	"I did the best I could."	Self-Victimization
Threatening self-harm/suicide	Gaslighting ("That never happened! I never did that!")	FREE SPACE	<small>Jealousy of other parent/s, friends/spouse/child/pet</small>	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)
Silent Treatment / Sulking	Betrayal of trust / weaponizing personal information	Moment of Clarity	Send in the Flying Monkeys!	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)
Crying	Tantrum	Reciting the script (you know the one)	Parentification	DARVO (Deny, Attack, Reverse Victim/Offender)

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

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Bingo Card ID 024

BPD Bingo

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

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Bingo Card ID 025

BPD Bingo

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

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Bingo Card ID 026

BPD Bingo

"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)	Guilt Trips	Self-Victimization	DARVO (Deny, Attack, Reverse Victim/Offender)
"I did the best I could."	Manipulation	Threatening self-harm/suicide	Send in the Flying Monkeys!	<small>Betrayal of other parent/LL/friends/spouse/child/pet</small>
Catastrophizing (assuming a "worst case scenario" and inappropriately characterizing minor or moderate problems or issues as catastrophic events.)	Raging	FREE SPACE	Betrayal of trust / weaponizing personal information	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)
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)	Silent Treatment / Sulking	Moment of Clarity	Parentification
Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	Gaslighting ("That never happened! I never did that!")	"Not my fault" syndrome	Crying	Tantrum

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Bingo Card ID 027

BPD Bingo

Threatening self-harm/suicide	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)	Moment of Clarity	Tantrum
"I did the best I could."	Send in the Flying Monkeys!	"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.)	Silent Treatment / Sulking
Manipulation	Reciting the script (you know the one)	FREE SPACE	Betrayal of trust / weaponizing personal information	Gaslighting ("That never happened! I never did that!")
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)	Guilt Trips	Jalousy of other parent/s, friends/spouse/child/pet
"Not my fault" syndrome	Raging	Self-Victimization	DARVO (Deny, Attack, Reverse Victim/Offender)	Crying

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Bingo Card ID 028

BPD Bingo

Threatening self-harm/suicide	Jalousy of other parent/s, friends/spouse/child/pet	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	DARVO (Deny, Attack, Reverse Victim/Offender)	Raging
Tantrum	Silent Treatment / Sulking	Send in the Flying Monkeys!	"I Saw Something Nasty In the Woodshed" (Referencing past trauma as a justification / excuse for bad behaviors)	Reciting the script (you know the one)
Parentification	Self-Victimization	FREE SPACE	Betrayal of trust / weaponizing personal information	Guilt Trips
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.)	"Not my fault" syndrome	Moment of Clarity	Denial of bodily autonomy/privacy (forced hugs, unwanted touching)
Crying	Manipulation	"I did the best I could."	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)

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Bingo Card ID 029

BPD Bingo

<small>Jealousy of other parent/Lt./friends/spouse/child/pet</small>	"Not my fault" syndrome	Silent Treatment / Sulking	"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.)
Denial of bodily autonomy/privacy (forced hugs, unwanted touching)	"I did the best I could."	Betrayal of trust / weaponizing personal information	Manipulation	Moment of Clarity
Gaslighting ("That never happened! I never did that!")	Parentification	FREE SPACE	Tantrum	Reciting the script (you know the one)
DARVO (Deny, Attack, Reverse Victim/Offender)	Self-Victimization	Send in the Flying Monkeys!	Threatening self-harm/suicide	Crying
Raging	Poisoning the well (an attempt to turn you against someone else by presenting them as a villain/abuser)	Relationship Hypervigilance (an unhealthy level of interest in the behaviors, comments, thoughts and interests of others.)	Guilt Trips	Mirroring (Imitating or copying another person's characteristics, behaviors or traits.)

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Bingo Card ID 030

BPD Bingo

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

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