

# Healthy Relationships 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/rk6jr2e](https://mfbc.us/e/rk6jr2e)

## Play

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

## Virtual Bingo

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

## Help

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

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/rk6jr2e](https://mfbc.us/s/rk6jr2e)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/rk6jr2e](https://mfbc.us/e/rk6jr2e)

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

## Legal

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

## Have Fun!

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

# Bingo Caller's Card

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

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

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

1. Secure Attachment Style	2. Anxious Attachment Style	3. Avoidant Attachment Style	4. Gas lighting	5. Minimization	6. Projection	7. Porous Boundaries
8. Healthy Boundaries	9. Rigid Boundaries	10. Internal Boundaries	11. External Boundaries	12. Love languages	13. Acts of Service (1/5)	14. Physical Touch (2/5)
15. Gifts (3/5)	16. Physical Touch (4/5)	17. Quality Time (5)	18. Soft Startups	19. The Four Horsemen & Their Antidotes	20. Criticism vs. Gentle Startup (1/4)	21. Defensiveness vs. Take Responsibility (2/4)
22. Contempt vs Share Fondness & Admiration (3/4)	23. Stonewalling vs. Use Self-Soothing (4/4)	24. Domestic Abuse	25. Relationships in Recovery	26. I Statements	27. Three Communication Styles	

Bingo Card ID 001

## Healthy Relationships

26. I Statements	9. Rigid Boundaries	11. External Boundaries	20. Criticism vs. Gentle Startup (1/4)	14. Physical Touch (2/5)
23. Stonewalling vs. Use Self-Soothing (4/4)	19. The Four Horsemen & Their Antidotes	27. Three Communication Styles	22. Contempt vs Share Fondness & Admiration (3/4)	24. Domestic Abuse
13. Acts of Service (1/5)	3. Avoidant Attachment Style	5. Minimization	15. Gifts (3/5)	10. Internal Boundaries
17. Quality Time (5)	6. Projection	7. Porous Boundaries	8. Healthy Boundaries	1. Secure Attachment Style
2. Anxious Attachment Style	18. Soft Startups	16. Physical Touch (4/5)	12. Love languages	25. Relationships in Recovery

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Bingo Card ID 002

## Healthy Relationships

27. Three Communication Styles	21. Defensiveness vs. Take Responsibility (2/4)	24. Domestic Abuse	8. Healthy Boundaries	26. I Statements
17. Quality Time (5)	19. The Four Horsemen & Their Antidotes	15. Gifts (3/5)	3. Avoidant Attachment Style	14. Physical Touch (2/5)
25. Relationships in Recovery	6. Projection	9. Rigid Boundaries	12. Love languages	18. Soft Startups
10. Internal Boundaries	2. Anxious Attachment Style	13. Acts of Service (1/5)	11. External Boundaries	5. Minimization
23. Stonewalling vs. Use Self-Soothing (4/4)	20. Criticism vs. Gentle Startup (1/4)	16. Physical Touch (4/5)	1. Secure Attachment Style	22. Contempt vs Share Fondness & Admiration (3/4)

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Bingo Card ID 003

# Healthy Relationships

25. Relationships in Recovery	27. Three Communication Styles	22. Contempt vs Share Fondness & Admiration (3/4)	18. Soft Startups	2. Anxious Attachment Style
9. Rigid Boundaries	8. Healthy Boundaries	14. Physical Touch (2/5)	4. Gas lighting	7. Porous Boundaries
5. Minimization	21. Defensiveness vs. Take Responsibility (2/4)	15. Gifts (3/5)	11. External Boundaries	26. I Statements
10. Internal Boundaries	24. Domestic Abuse	16. Physical Touch (4/5)	17. Quality Time (5)	3. Avoidant Attachment Style
1. Secure Attachment Style	6. Projection	23. Stonewalling vs. Use Self-Soothing (4/4)	20. Criticism vs. Gentle Startup (1/4)	19. The Four Horsemen & Their Antidotes

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# Healthy Relationships

5. Minimization	3. Avoidant Attachment Style	20. Criticism vs. Gentle Startup (1/4)	21. Defensiveness vs. Take Responsibility (2/4)	13. Acts of Service (1/5)
8. Healthy Boundaries	10. Internal Boundaries	22. Contempt vs Share Fondness & Admiration (3/4)	23. Stonewalling vs. Use Self-Soothing (4/4)	6. Projection
7. Porous Boundaries	15. Gifts (3/5)	27. Three Communication Styles	26. I Statements	25. Relationships in Recovery
9. Rigid Boundaries	12. Love languages	18. Soft Startups	17. Quality Time (5)	4. Gas lighting
14. Physical Touch (2/5)	19. The Four Horsemen & Their Antidotes	24. Domestic Abuse	11. External Boundaries	2. Anxious Attachment Style

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Bingo Card ID 005

# Healthy Relationships

5. Minimization	13. Acts of Service (1/5)	20. Criticism vs. Gentle Startup (1/4)	1. Secure Attachment Style	15. Gifts (3/5)
27. Three Communication Styles	17. Quality Time (5)	24. Domestic Abuse	10. Internal Boundaries	4. Gas lighting
7. Porous Boundaries	11. External Boundaries	19. The Four Horsemen & Their Antidotes	2. Anxious Attachment Style	6. Projection
14. Physical Touch (2/5)	12. Love languages	22. Contempt vs Share Fondness & Admiration (3/4)	18. Soft Startups	9. Rigid Boundaries
26. I Statements	16. Physical Touch (4/5)	3. Avoidant Attachment Style	8. Healthy Boundaries	25. Relationships in Recovery

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Bingo Card ID 006

# Healthy Relationships

20. Criticism vs. Gentle Startup (1/4)	11. External Boundaries	26. I Statements	12. Love languages	7. Porous Boundaries
14. Physical Touch (2/5)	15. Gifts (3/5)	24. Domestic Abuse	21. Defensiveness vs. Take Responsibility (2/4)	27. Three Communication Styles
22. Contempt vs Share Fondness & Admiration (3/4)	1. Secure Attachment Style	2. Anxious Attachment Style	23. Stonewalling vs. Use Self-Soothing (4/4)	25. Relationships in Recovery
8. Healthy Boundaries	17. Quality Time (5)	3. Avoidant Attachment Style	5. Minimization	6. Projection
19. The Four Horsemen & Their Antidotes	18. Soft Startups	4. Gas lighting	13. Acts of Service (1/5)	9. Rigid Boundaries

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Bingo Card ID 007

# Healthy Relationships

6. Projection	12. Love languages	3. Avoidant Attachment Style	23. Stonewalling vs. Use Self-Soothing (4/4)	7. Porous Boundaries
24. Domestic Abuse	27. Three Communication Styles	16. Physical Touch (4/5)	9. Rigid Boundaries	14. Physical Touch (2/5)
2. Anxious Attachment Style	15. Gifts (3/5)	19. The Four Horsemen & Their Antidotes	10. Internal Boundaries	22. Contempt vs Share Fondness & Admiration (3/4)
8. Healthy Boundaries	25. Relationships in Recovery	20. Criticism vs. Gentle Startup (1/4)	21. Defensiveness vs. Take Responsibility (2/4)	18. Soft Startups
1. Secure Attachment Style	5. Minimization	26. I Statements	4. Gas lighting	17. Quality Time (5)

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Bingo Card ID 008

# Healthy Relationships

6. Projection	26. I Statements	17. Quality Time (5)	19. The Four Horsemen & Their Antidotes	1. Secure Attachment Style
12. Love languages	5. Minimization	10. Internal Boundaries	8. Healthy Boundaries	20. Criticism vs. Gentle Startup (1/4)
13. Acts of Service (1/5)	25. Relationships in Recovery	27. Three Communication Styles	22. Contempt vs Share Fondness & Admiration (3/4)	7. Porous Boundaries
4. Gas lighting	9. Rigid Boundaries	15. Gifts (3/5)	14. Physical Touch (2/5)	11. External Boundaries
23. Stonewalling vs. Use Self-Soothing (4/4)	2. Anxious Attachment Style	24. Domestic Abuse	18. Soft Startups	16. Physical Touch (4/5)

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Bingo Card ID 009

# Healthy Relationships

17. Quality Time (5)	8. Healthy Boundaries	21. Defensiveness vs. Take Responsibility (2/4)	18. Soft Startups	3. Avoidant Attachment Style
10. Internal Boundaries	13. Acts of Service (1/5)	14. Physical Touch (2/5)	2. Anxious Attachment Style	20. Criticism vs. Gentle Startup (1/4)
22. Contempt vs Share Fondness & Admiration (3/4)	26. I Statements	25. Relationships in Recovery	6. Projection	9. Rigid Boundaries
15. Gifts (3/5)	24. Domestic Abuse	16. Physical Touch (4/5)	4. Gas lighting	23. Stonewalling vs. Use Self-Soothing (4/4)
12. Love languages	19. The Four Horsemen & Their Antidotes	27. Three Communication Styles	7. Porous Boundaries	11. External Boundaries

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Bingo Card ID 010

# Healthy Relationships

3. Avoidant Attachment Style	5. Minimization	23. Stonewalling vs. Use Self-Soothing (4/4)	11. External Boundaries	12. Love languages
8. Healthy Boundaries	24. Domestic Abuse	16. Physical Touch (4/5)	15. Gifts (3/5)	10. Internal Boundaries
1. Secure Attachment Style	21. Defensiveness vs. Take Responsibility (2/4)	9. Rigid Boundaries	7. Porous Boundaries	26. I Statements
18. Soft Startups	27. Three Communication Styles	20. Criticism vs. Gentle Startup (1/4)	2. Anxious Attachment Style	6. Projection
4. Gas lighting	13. Acts of Service (1/5)	19. The Four Horsemen & Their Antidotes	25. Relationships in Recovery	17. Quality Time (5)

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Bingo Card ID 011

# Healthy Relationships

4. Gas lighting	11. External Boundaries	26. I Statements	10. Internal Boundaries	14. Physical Touch (2/5)
22. Contempt vs Share Fondness & Admiration (3/4)	17. Quality Time (5)	21. Defensiveness vs. Take Responsibility (2/4)	27. Three Communication Styles	16. Physical Touch (4/5)
20. Criticism vs. Gentle Startup (1/4)	7. Porous Boundaries	6. Projection	2. Anxious Attachment Style	23. Stonewalling vs. Use Self-Soothing (4/4)
25. Relationships in Recovery	3. Avoidant Attachment Style	24. Domestic Abuse	12. Love languages	8. Healthy Boundaries
5. Minimization	1. Secure Attachment Style	15. Gifts (3/5)	13. Acts of Service (1/5)	19. The Four Horsemen & Their Antidotes

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Bingo Card ID 012

# Healthy Relationships

24. Domestic Abuse	22. Contempt vs Share Fondness & Admiration (3/4)	16. Physical Touch (4/5)	21. Defensiveness vs. Take Responsibility (2/4)	15. Gifts (3/5)
18. Soft Startups	11. External Boundaries	19. The Four Horsemen & Their Antidotes	14. Physical Touch (2/5)	2. Anxious Attachment Style
4. Gas lighting	10. Internal Boundaries	27. Three Communication Styles	7. Porous Boundaries	6. Projection
20. Criticism vs. Gentle Startup (1/4)	5. Minimization	26. I Statements	1. Secure Attachment Style	17. Quality Time (5)
12. Love languages	9. Rigid Boundaries	25. Relationships in Recovery	3. Avoidant Attachment Style	23. Stonewalling vs. Use Self-Soothing (4/4)

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Bingo Card ID 013

# Healthy Relationships

27. Three Communication Styles	21. Defensiveness vs. Take Responsibility (2/4)	13. Acts of Service (1/5)	17. Quality Time (5)	18. Soft Startups
7. Porous Boundaries	12. Love languages	14. Physical Touch (2/5)	8. Healthy Boundaries	6. Projection
22. Contempt vs Share Fondness & Admiration (3/4)	24. Domestic Abuse	3. Avoidant Attachment Style	26. I Statements	15. Gifts (3/5)
16. Physical Touch (4/5)	1. Secure Attachment Style	23. Stonewalling vs. Use Self-Soothing (4/4)	10. Internal Boundaries	5. Minimization
19. The Four Horsemen & Their Antidotes	11. External Boundaries	20. Criticism vs. Gentle Startup (1/4)	2. Anxious Attachment Style	4. Gas lighting

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Bingo Card ID 014

# Healthy Relationships

18. Soft Startups	7. Porous Boundaries	13. Acts of Service (1/5)	2. Anxious Attachment Style	21. Defensiveness vs. Take Responsibility (2/4)
12. Love languages	27. Three Communication Styles	22. Contempt vs Share Fondness & Admiration (3/4)	25. Relationships in Recovery	19. The Four Horsemen & Their Antidotes
15. Gifts (3/5)	4. Gas lighting	9. Rigid Boundaries	20. Criticism vs. Gentle Startup (1/4)	24. Domestic Abuse
1. Secure Attachment Style	23. Stonewalling vs. Use Self-Soothing (4/4)	10. Internal Boundaries	5. Minimization	3. Avoidant Attachment Style
14. Physical Touch (2/5)	26. I Statements	6. Projection	17. Quality Time (5)	16. Physical Touch (4/5)

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Bingo Card ID 015

# Healthy Relationships

16. Physical Touch (4/5)	17. Quality Time (5)	20. Criticism vs. Gentle Startup (1/4)	11. External Boundaries	25. Relationships in Recovery
24. Domestic Abuse	21. Defensiveness vs. Take Responsibility (2/4)	5. Minimization	10. Internal Boundaries	14. Physical Touch (2/5)
22. Contempt vs Share Fondness & Admiration (3/4)	13. Acts of Service (1/5)	3. Avoidant Attachment Style	26. I Statements	19. The Four Horsemen & Their Antidotes
27. Three Communication Styles	7. Porous Boundaries	15. Gifts (3/5)	6. Projection	1. Secure Attachment Style
4. Gas lighting	12. Love languages	8. Healthy Boundaries	23. Stonewalling vs. Use Self-Soothing (4/4)	2. Anxious Attachment Style

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Bingo Card ID 016

# Healthy Relationships

2. Anxious Attachment Style	22. Contempt vs Share Fondness & Admiration (3/4)	10. Internal Boundaries	6. Projection	15. Gifts (3/5)
8. Healthy Boundaries	5. Minimization	4. Gas lighting	27. Three Communication Styles	9. Rigid Boundaries
7. Porous Boundaries	21. Defensiveness vs. Take Responsibility (2/4)	23. Stonewalling vs. Use Self-Soothing (4/4)	25. Relationships in Recovery	1. Secure Attachment Style
20. Criticism vs. Gentle Startup (1/4)	18. Soft Startups	24. Domestic Abuse	26. I Statements	19. The Four Horsemen & Their Antidotes
17. Quality Time (5)	3. Avoidant Attachment Style	13. Acts of Service (1/5)	16. Physical Touch (4/5)	11. External Boundaries

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Bingo Card ID 017

# Healthy Relationships

20. Criticism vs. Gentle Startup (1/4)	22. Contempt vs Share Fondness & Admiration (3/4)	7. Porous Boundaries	13. Acts of Service (1/5)	14. Physical Touch (2/5)
6. Projection	11. External Boundaries	16. Physical Touch (4/5)	3. Avoidant Attachment Style	17. Quality Time (5)
18. Soft Startups	1. Secure Attachment Style	21. Defensiveness vs. Take Responsibility (2/4)	19. The Four Horsemen & Their Antidotes	2. Anxious Attachment Style
24. Domestic Abuse	12. Love languages	8. Healthy Boundaries	9. Rigid Boundaries	23. Stonewalling vs. Use Self-Soothing (4/4)
4. Gas lighting	25. Relationships in Recovery	26. I Statements	5. Minimization	10. Internal Boundaries

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Bingo Card ID 018

# Healthy Relationships

11. External Boundaries	2. Anxious Attachment Style	1. Secure Attachment Style	27. Three Communication Styles	21. Defensiveness vs. Take Responsibility (2/4)
13. Acts of Service (1/5)	22. Contempt vs Share Fondness & Admiration (3/4)	26. I Statements	23. Stonewalling vs. Use Self-Soothing (4/4)	25. Relationships in Recovery
20. Criticism vs. Gentle Startup (1/4)	5. Minimization	3. Avoidant Attachment Style	17. Quality Time (5)	18. Soft Startups
19. The Four Horsemen & Their Antidotes	8. Healthy Boundaries	15. Gifts (3/5)	9. Rigid Boundaries	14. Physical Touch (2/5)
16. Physical Touch (4/5)	12. Love languages	4. Gas lighting	10. Internal Boundaries	6. Projection

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Bingo Card ID 019

# Healthy Relationships

15. Gifts (3/5)	8. Healthy Boundaries	19. The Four Horsemen & Their Antidotes	12. Love languages	7. Porous Boundaries
18. Soft Startups	2. Anxious Attachment Style	17. Quality Time (5)	13. Acts of Service (1/5)	21. Defensiveness vs. Take Responsibility (2/4)
23. Stonewalling vs. Use Self-Soothing (4/4)	25. Relationships in Recovery	6. Projection	26. I Statements	9. Rigid Boundaries
24. Domestic Abuse	3. Avoidant Attachment Style	14. Physical Touch (2/5)	10. Internal Boundaries	27. Three Communication Styles
16. Physical Touch (4/5)	20. Criticism vs. Gentle Startup (1/4)	1. Secure Attachment Style	4. Gas lighting	22. Contempt vs Share Fondness & Admiration (3/4)

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Bingo Card ID 020

# Healthy Relationships

21. Defensiveness vs. Take Responsibility (2/4)	15. Gifts (3/5)	3. Avoidant Attachment Style	22. Contempt vs Share Fondness & Admiration (3/4)	24. Domestic Abuse
1. Secure Attachment Style	16. Physical Touch (4/5)	23. Stonewalling vs. Use Self-Soothing (4/4)	20. Criticism vs. Gentle Startup (1/4)	7. Porous Boundaries
11. External Boundaries	9. Rigid Boundaries	4. Gas lighting	27. Three Communication Styles	17. Quality Time (5)
19. The Four Horsemen & Their Antidotes	2. Anxious Attachment Style	5. Minimization	12. Love languages	6. Projection
25. Relationships in Recovery	10. Internal Boundaries	8. Healthy Boundaries	14. Physical Touch (2/5)	13. Acts of Service (1/5)

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Bingo Card ID 021

## Healthy Relationships

3. Avoidant Attachment Style	23. Stonewalling vs. Use Self-Soothing (4/4)	22. Contempt vs Share Fondness & Admiration (3/4)	16. Physical Touch (4/5)	25. Relationships in Recovery
26. I Statements	20. Criticism vs. Gentle Startup (1/4)	5. Minimization	10. Internal Boundaries	9. Rigid Boundaries
13. Acts of Service (1/5)	8. Healthy Boundaries	14. Physical Touch (2/5)	12. Love languages	6. Projection
7. Porous Boundaries	18. Soft Startups	24. Domestic Abuse	1. Secure Attachment Style	27. Three Communication Styles
2. Anxious Attachment Style	15. Gifts (3/5)	11. External Boundaries	21. Defensiveness vs. Take Responsibility (2/4)	4. Gas lighting

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Bingo Card ID 022

## Healthy Relationships

2. Anxious Attachment Style	1. Secure Attachment Style	13. Acts of Service (1/5)	18. Soft Startups	20. Criticism vs. Gentle Startup (1/4)
23. Stonewalling vs. Use Self-Soothing (4/4)	24. Domestic Abuse	11. External Boundaries	6. Projection	27. Three Communication Styles
17. Quality Time (5)	10. Internal Boundaries	8. Healthy Boundaries	4. Gas lighting	19. The Four Horsemen & Their Antidotes
26. I Statements	21. Defensiveness vs. Take Responsibility (2/4)	12. Love languages	3. Avoidant Attachment Style	9. Rigid Boundaries
16. Physical Touch (4/5)	5. Minimization	14. Physical Touch (2/5)	25. Relationships in Recovery	7. Porous Boundaries

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Bingo Card ID 023

# Healthy Relationships

18. Soft Startups	19. The Four Horsemen & Their Antidotes	1. Secure Attachment Style	24. Domestic Abuse	9. Rigid Boundaries
12. Love languages	3. Avoidant Attachment Style	6. Projection	25. Relationships in Recovery	17. Quality Time (5)
27. Three Communication Styles	5. Minimization	2. Anxious Attachment Style	15. Gifts (3/5)	16. Physical Touch (4/5)
21. Defensiveness vs. Take Responsibility (2/4)	7. Porous Boundaries	8. Healthy Boundaries	4. Gas lighting	23. Stonewalling vs. Use Self-Soothing (4/4)
22. Contempt vs Share Fondness & Admiration (3/4)	13. Acts of Service (1/5)	14. Physical Touch (2/5)	26. I Statements	10. Internal Boundaries

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Bingo Card ID 024

# Healthy Relationships

15. Gifts (3/5)	4. Gas lighting	25. Relationships in Recovery	11. External Boundaries	9. Rigid Boundaries
23. Stonewalling vs. Use Self-Soothing (4/4)	22. Contempt vs Share Fondness & Admiration (3/4)	19. The Four Horsemen & Their Antidotes	20. Criticism vs. Gentle Startup (1/4)	7. Porous Boundaries
5. Minimization	21. Defensiveness vs. Take Responsibility (2/4)	13. Acts of Service (1/5)	16. Physical Touch (4/5)	2. Anxious Attachment Style
17. Quality Time (5)	24. Domestic Abuse	1. Secure Attachment Style	12. Love languages	18. Soft Startups
14. Physical Touch (2/5)	8. Healthy Boundaries	26. I Statements	3. Avoidant Attachment Style	10. Internal Boundaries

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Bingo Card ID 025

# Healthy Relationships

21. Defensiveness vs. Take Responsibility (2/4)	25. Relationships in Recovery	5. Minimization	9. Rigid Boundaries	13. Acts of Service (1/5)
17. Quality Time (5)	12. Love languages	2. Anxious Attachment Style	1. Secure Attachment Style	18. Soft Startups
6. Projection	8. Healthy Boundaries	22. Contempt vs Share Fondness & Admiration (3/4)	19. The Four Horsemen & Their Antidotes	11. External Boundaries
3. Avoidant Attachment Style	27. Three Communication Styles	4. Gas lighting	7. Porous Boundaries	26. I Statements
14. Physical Touch (2/5)	20. Criticism vs. Gentle Startup (1/4)	16. Physical Touch (4/5)	23. Stonewalling vs. Use Self-Soothing (4/4)	15. Gifts (3/5)

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Bingo Card ID 026

# Healthy Relationships

1. Secure Attachment Style	16. Physical Touch (4/5)	18. Soft Startups	27. Three Communication Styles	15. Gifts (3/5)
6. Projection	2. Anxious Attachment Style	10. Internal Boundaries	19. The Four Horsemen & Their Antidotes	3. Avoidant Attachment Style
13. Acts of Service (1/5)	8. Healthy Boundaries	24. Domestic Abuse	12. Love languages	20. Criticism vs. Gentle Startup (1/4)
4. Gas lighting	23. Stonewalling vs. Use Self-Soothing (4/4)	25. Relationships in Recovery	21. Defensiveness vs. Take Responsibility (2/4)	7. Porous Boundaries
26. I Statements	22. Contempt vs Share Fondness & Admiration (3/4)	17. Quality Time (5)	11. External Boundaries	5. Minimization

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# Healthy Relationships

6. Projection	16. Physical Touch (4/5)	20. Criticism vs. Gentle Startup (1/4)	9. Rigid Boundaries	5. Minimization
21. Defensiveness vs. Take Responsibility (2/4)	1. Secure Attachment Style	10. Internal Boundaries	7. Porous Boundaries	3. Avoidant Attachment Style
13. Acts of Service (1/5)	4. Gas lighting	2. Anxious Attachment Style	25. Relationships in Recovery	12. Love languages
17. Quality Time (5)	8. Healthy Boundaries	26. I Statements	22. Contempt vs Share Fondness & Admiration (3/4)	23. Stonewalling vs. Use Self-Soothing (4/4)
18. Soft Startups	19. The Four Horsemen & Their Antidotes	24. Domestic Abuse	11. External Boundaries	27. Three Communication Styles

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Bingo Card ID 028

# Healthy Relationships

19. The Four Horsemen & Their Antidotes	6. Projection	26. I Statements	9. Rigid Boundaries	15. Gifts (3/5)
24. Domestic Abuse	8. Healthy Boundaries	5. Minimization	4. Gas lighting	3. Avoidant Attachment Style
1. Secure Attachment Style	25. Relationships in Recovery	22. Contempt vs Share Fondness & Admiration (3/4)	27. Three Communication Styles	12. Love languages
18. Soft Startups	17. Quality Time (5)	13. Acts of Service (1/5)	11. External Boundaries	16. Physical Touch (4/5)
14. Physical Touch (2/5)	21. Defensiveness vs. Take Responsibility (2/4)	7. Porous Boundaries	2. Anxious Attachment Style	10. Internal Boundaries

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Bingo Card ID 029

# Healthy Relationships

19. The Four Horsemen & Their Antidotes	11. External Boundaries	8. Healthy Boundaries	9. Rigid Boundaries	4. Gas lighting
16. Physical Touch (4/5)	1. Secure Attachment Style	13. Acts of Service (1/5)	10. Internal Boundaries	12. Love languages
2. Anxious Attachment Style	21. Defensiveness vs. Take Responsibility (2/4)	17. Quality Time (5)	7. Porous Boundaries	22. Contempt vs Share Fondness & Admiration (3/4)
5. Minimization	27. Three Communication Styles	15. Gifts (3/5)	25. Relationships in Recovery	3. Avoidant Attachment Style
6. Projection	14. Physical Touch (2/5)	24. Domestic Abuse	23. Stonewalling vs. Use Self-Soothing (4/4)	26. I Statements

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Bingo Card ID 030

# Healthy Relationships

16. Physical Touch (4/5)	23. Stonewalling vs. Use Self-Soothing (4/4)	10. Internal Boundaries	15. Gifts (3/5)	9. Rigid Boundaries
5. Minimization	3. Avoidant Attachment Style	14. Physical Touch (2/5)	22. Contempt vs Share Fondness & Admiration (3/4)	6. Projection
19. The Four Horsemen & Their Antidotes	26. I Statements	21. Defensiveness vs. Take Responsibility (2/4)	20. Criticism vs. Gentle Startup (1/4)	13. Acts of Service (1/5)
11. External Boundaries	2. Anxious Attachment Style	27. Three Communication Styles	25. Relationships in Recovery	18. Soft Startups
12. Love languages	4. Gas lighting	1. Secure Attachment Style	24. Domestic Abuse	8. Healthy Boundaries

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