

Relapse Prevention 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/rw6swyr

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/rw6swyr

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/rw6swyr

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.

Goals	Exercise	Meditation	Schedule	Routine	1:1 Therapist	AA Meetings
Sponsor	Music - Dance	Family	Friends	Honesty	New Hobby	Mindfulness
Work	Faith	Communication	Ask for Help	Positive Thoughts = Positive Outcomes	You are in control	Walk Away
Rest	Self-Care	Breathing Exercises	Journal / Read			

Bingo Card ID 001

Relapse Prevention				
Routine	Ask for Help	Meditation	Exercise	New Hobby
Honesty	Positive Thoughts = Positive Outcomes	Schedule	Music - Dance	Communication
Self-Care	Faith	Walk Away	AA Meetings	Work
Friends	1:1 Therapist	Journal / Read	You are in control	Goals
Family	Breathing Exercises	Rest	Mindfulness	Sponsor

Bingo Card ID 002

Relapse Prevention				
Schedule	Mindfulness	Positive Thoughts = Positive Outcomes	Routine	Friends
Honesty	Faith	Rest	Self-Care	Exercise
Work	Goals	Breathing Exercises	AA Meetings	Journal / Read
Communication	Ask for Help	Walk Away	1:1 Therapist	Meditation
New Hobby	Family	Sponsor	Music - Dance	You are in control

Bingo Card ID 003

Relapse Prevention					
Rest	Music - Dance	Schedule	Goals	Journal / Read	
Sponsor	Exercise	You are in control	Ask for Help	Walk Away	
Faith	Mindfulness	Routine	AA Meetings	Positive Thoughts = Positive Outcomes	
Family	Self-Care	1:1 Therapist	Friends	Work	
New Hobby	Meditation	Honesty	Communication	Breathing Exercises	

Bingo Card ID 004

Relapse Prevention					
Walk Away	Meditation	Self-Care	Communication	Mindfulness	
AA Meetings	Music - Dance	New Hobby	Work	Schedule	
Routine	Rest	You are in control	Faith	Breathing Exercises	
Goals	Friends	Exercise	Sponsor	Honesty	
Positive Thoughts = Positive Outcomes	Ask for Help	Journal / Read	1:1 Therapist	Family	

Bingo Card ID 005

Relapse Prevention					
Meditation	Communication	Walk Away	Faith	1:1 Therapist	
Friends	Schedule	Positive Thoughts = Positive Outcomes	AA Meetings	Sponsor	
You are in control	Ask for Help	Work	Honesty	Journal / Read	
Exercise	Breathing Exercises	Music - Dance	Goals	Routine	
Family	Self-Care	Rest	Mindfulness	New Hobby	

Bingo Card ID 006

Relapse Prevention					
Meditation	Ask for Help	Routine	Exercise	You are in control	
Breathing Exercises	Positive Thoughts = Positive Outcomes	Faith	Mindfulness	Schedule	
Music - Dance	1:1 Therapist	Rest	New Hobby	Journal / Read	
Friends	Self-Care	Walk Away	Work	Honesty	
Goals	Sponsor	Communication	AA Meetings	Family	

Bingo Card ID 007

Relapse Prevention					
Work	Breathing Exercises	New Hobby	Self-Care	You are in control	
Family	Schedule	Positive Thoughts = Positive Outcomes	Exercise	Journal / Read	
Faith	Rest	Honesty	AA Meetings	Music - Dance	
Meditation	Mindfulness	Goals	1:1 Therapist	Walk Away	
Routine	Friends	Communication	Sponsor	Ask for Help	

Bingo Card ID 008

Relapse Prevention					
Work	Routine	Friends	Honesty	1:1 Therapist	
Breathing Exercises	Walk Away	AA Meetings	Meditation	Communication	
Schedule	Rest	Music - Dance	Faith	Exercise	
Sponsor	Ask for Help	You are in control	Journal / Read	New Hobby	
Goals	Family	Positive Thoughts = Positive Outcomes	Mindfulness	Self-Care	

Bingo Card ID 009

Relapse Prevention					
	Friends	Goals	Mindfulness	Self-Care	AA Meetings
Meditation	Communication	Exercise	Journal / Read	Routine	
Rest	Music - Dance	Work	Faith	Positive Thoughts = Positive Outcomes	
Sponsor	Family	New Hobby	Breathing Exercises	Honesty	
1:1 Therapist	Schedule	Ask for Help	You are in control	Walk Away	

Bingo Card ID 010

Relapse Prevention					
	Walk Away	Self-Care	New Hobby	Ask for Help	Breathing Exercises
Positive Thoughts = Positive Outcomes	Family	Faith	AA Meetings	1:1 Therapist	
Mindfulness	You are in control	Routine	Goals	Schedule	
Journal / Read	Work	Meditation	Sponsor	Communication	
Honesty	Rest	Friends	Exercise	Music - Dance	

Bingo Card ID 011

Relapse Prevention					
	Ask for Help	Sponsor	Routine	AA Meetings	Exercise
Music - Dance	Friends	Meditation	Mindfulness	Schedule	
Family	Work	New Hobby	You are in control	Journal / Read	
Positive Thoughts = Positive Outcomes	Rest	Self-Care	Breathing Exercises	Walk Away	
1:1 Therapist	Faith	Communication	Honesty	Goals	

Bingo Card ID 012

Relapse Prevention					
	Positive Thoughts = Positive Outcomes	Family	Music - Dance	Ask for Help	Faith
Goals		Mindfulness	Honesty	Sponsor	Exercise
Journal / Read		Schedule	AA Meetings	You are in control	Work
Meditation	Walk Away	Routine	Friends	Breathing Exercises	
1:1 Therapist	Rest	New Hobby	Self-Care	Communication	

Bingo Card ID 013

Relapse Prevention					
	Schedule	You are in control	Communication	Friends	Goals
Mindfulness	Breathing Exercises	Exercise	Work	Music - Dance	
Positive Thoughts = Positive Outcomes	Self-Care	Routine	Faith	Family	
1:1 Therapist	New Hobby	AA Meetings	Honesty	Walk Away	
Ask for Help	Journal / Read	Meditation	Sponsor	Rest	

Bingo Card ID 014

Relapse Prevention					
	Goals	You are in control	Communication	Journal / Read	Mindfulness
Breathing Exercises	Schedule	Rest	Honesty	Music - Dance	
Faith	Sponsor	Positive Thoughts = Positive Outcomes	1:1 Therapist	Meditation	
New Hobby	AA Meetings	Walk Away	Exercise	Self-Care	
Routine	Work	Friends	Family	Ask for Help	

Bingo Card ID 015

Relapse Prevention				
Family	Friends	Meditation	Positive Thoughts = Positive Outcomes	Ask for Help
Rest	Walk Away	Mindfulness	Exercise	AA Meetings
Music - Dance	Communication	Self-Care	Schedule	Routine
You are in control	Honesty	Faith	Work	1:1 Therapist
Sponsor	Breathing Exercises	New Hobby	Journal / Read	Goals

Bingo Card ID 016

Relapse Prevention				
AA Meetings	Music - Dance	Journal / Read	Work	Faith
Walk Away	Sponsor	Schedule	You are in control	Mindfulness
Rest	New Hobby	1:1 Therapist	Meditation	Goals
Positive Thoughts = Positive Outcomes	Routine	Honesty	Friends	Self-Care
Communication	Family	Ask for Help	Exercise	Breathing Exercises

Bingo Card ID 017

Relapse Prevention					
	Meditation	Music - Dance	Exercise	Work	You are in control
Communication	Family	Ask for Help	Self-Care	Friends	
Goals	Mindfulness	1:1 Therapist	Honesty	Positive Thoughts = Positive Outcomes	
Journal / Read	Breathing Exercises	Sponsor	New Hobby	Rest	
Routine	Walk Away	AA Meetings	Faith	Schedule	

Bingo Card ID 018

Relapse Prevention					
	Journal / Read	Ask for Help	1:1 Therapist	Communication	Schedule
Mindfulness	Routine	Music - Dance	New Hobby	Rest	
Walk Away	Meditation	Honesty	Goals	Friends	
Self-Care	Faith	Family	Exercise	Breathing Exercises	
AA Meetings	Positive Thoughts = Positive Outcomes	Sponsor	Work	You are in control	

Bingo Card ID 019

Relapse Prevention				
Faith	Honesty	You are in control	Journal / Read	Goals
Breathing Exercises	Friends	Communication	Mindfulness	New Hobby
Rest	Work	Routine	Exercise	Self-Care
Positive Thoughts = Positive Outcomes	Family	Schedule	AA Meetings	1:1 Therapist
Meditation	Sponsor	Music - Dance	Walk Away	Ask for Help

Bingo Card ID 020

Relapse Prevention				
Mindfulness	Self-Care	Faith	Music - Dance	1:1 Therapist
Positive Thoughts = Positive Outcomes	New Hobby	Family	Meditation	Ask for Help
You are in control	Sponsor	Honesty	Journal / Read	Friends
Schedule	Breathing Exercises	Walk Away	Work	Rest
AA Meetings	Exercise	Communication	Goals	Routine

Bingo Card ID 021

Relapse Prevention				
Self-Care	New Hobby	Music - Dance	Family	Routine
Rest	Meditation	Walk Away	Communication	AA Meetings
Breathing Exercises	Exercise	Work	You are in control	Goals
Positive Thoughts = Positive Outcomes	Schedule	1:1 Therapist	Mindfulness	Journal / Read
Faith	Ask for Help	Honesty	Sponsor	Friends

Bingo Card ID 022

Relapse Prevention				
Journal / Read	1:1 Therapist	Communication	Goals	New Hobby
Meditation	Positive Thoughts = Positive Outcomes	Ask for Help	Friends	AA Meetings
Work	Schedule	Sponsor	Honesty	Routine
Breathing Exercises	Mindfulness	Self-Care	Exercise	Family
Walk Away	You are in control	Rest	Music - Dance	Faith

Bingo Card ID 023

Relapse Prevention					
	Honesty	Goals	1:1 Therapist	Positive Thoughts = Positive Outcomes	Breathing Exercises
Self-Care	Work	Rest	Walk Away	Friends	
Schedule	Journal / Read	Faith	Family	You are in control	
Mindfulness	Sponsor	New Hobby	Music - Dance	Communication	
Exercise	Routine	AA Meetings	Ask for Help	Meditation	

Bingo Card ID 024

Relapse Prevention					
	Sponsor	Rest	Faith	Ask for Help	Honesty
	New Hobby	Music - Dance	You are in control	Walk Away	Meditation
	Mindfulness	Family	Communication	Journal / Read	Friends
	Positive Thoughts = Positive Outcomes	1:1 Therapist	Breathing Exercises	Goals	Exercise
	Routine	Self-Care	AA Meetings	Schedule	Work

Bingo Card ID 025

Relapse Prevention					
Rest	Mindfulness	Walk Away	Communication	Breathing Exercises	
Friends	Journal / Read	1:1 Therapist	Goals	Work	
Honesty	Music - Dance	Ask for Help	Self-Care	Sponsor	
Schedule	You are in control	Exercise	Routine	New Hobby	
Family	Meditation	Positive Thoughts = Positive Outcomes	AA Meetings	Faith	

Bingo Card ID 026

Relapse Prevention					
1:1 Therapist	Family	Goals	Schedule	Faith	
AA Meetings	Work	Journal / Read	Self-Care	Honesty	
Communication	Positive Thoughts = Positive Outcomes	Meditation	Breathing Exercises	New Hobby	
Rest	Sponsor	Mindfulness	You are in control	Music - Dance	
Routine	Friends	Ask for Help	Exercise	Walk Away	

Bingo Card ID 027

Relapse Prevention					
	Meditation	Family	Work	Walk Away	Mindfulness
Self-Care	AA Meetings	1:1 Therapist	You are in control	Sponsor	
Communication	Rest	Journal / Read	Breathing Exercises	Routine	
Friends	New Hobby	Music - Dance	Goals	Honesty	
Ask for Help	Positive Thoughts = Positive Outcomes	Schedule	Exercise	Faith	

Bingo Card ID 028

Relapse Prevention					
	Honesty	Routine	Work	Positive Thoughts = Positive Outcomes	Faith
Self-Care	Sponsor		Walk Away	1:1 Therapist	Music - Dance
Breathing Exercises	Rest	Schedule	Goals	Friends	
Communication	Ask for Help	Family	Exercise	Mindfulness	
You are in control	New Hobby	AA Meetings	Journal / Read	Meditation	

Bingo Card ID 029

Relapse Prevention					
	Honesty	Ask for Help	Sponsor	1:1 Therapist	Communication
Family	AA Meetings	Breathing Exercises	Journal / Read	Friends	
Mindfulness	Music - Dance	You are in control	Walk Away	Faith	
Rest	Schedule	Self-Care	Exercise	Work	
New Hobby	Positive Thoughts = Positive Outcomes	Routine	Goals	Meditation	

Bingo Card ID 030

Relapse Prevention					
	New Hobby	Family	AA Meetings	Faith	Walk Away
Exercise	Music - Dance		Self-Care	Honesty	Work
Routine		Mindfulness	Meditation	Communication	Ask for Help
Journal / Read		Schedule	Rest	Goals	Breathing Exercises
1:1 Therapist	Sponsor		Positive Thoughts = Positive Outcomes	Friends	You are in control