

# 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](https://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](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/rw6swyr](https://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](https://mfbc.us/e/rw6swyr)

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.

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

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

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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

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Bingo Card ID 003

# Relapse Prevention

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

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Bingo Card ID 004

# Relapse Prevention

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

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Bingo Card ID 005

# Relapse Prevention

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

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Bingo Card ID 006

# Relapse Prevention

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

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Bingo Card ID 007

# Relapse Prevention

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

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Bingo Card ID 008

# Relapse Prevention

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

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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

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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

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Bingo Card ID 011

# Relapse Prevention

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

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Bingo Card ID 012

# Relapse Prevention

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

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Bingo Card ID 013

# Relapse Prevention

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

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Bingo Card ID 014

# Relapse Prevention

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

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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

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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

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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

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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

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Bingo Card ID 019

# Relapse Prevention

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

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Bingo Card ID 020

# Relapse Prevention

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

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Bingo Card ID 021

# Relapse Prevention

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

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Bingo Card ID 022

# Relapse Prevention

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

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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

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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

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Bingo Card ID 025

# Relapse Prevention

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

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Bingo Card ID 026

# Relapse Prevention

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

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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

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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

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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

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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

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