

Anger Management 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/xsfp8p4

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/xsfp8p4

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/xsfp8p4

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.

anger cue	internal trigger	external trigger	anger reducer	reminder	self-evaluation	self-reward
self-coaching	long-term consequence	short-term consequence	thinking ahead	making a complaint	social skill	helping others
expressing affection	ABCs of Anger	Find a distraction	exercise	read	explosion phase	take a step back
rage	aggression	listen to music				

Bingo Card ID 001

Anger Management

self-evaluation	aggression	long-term consequence	exercise	read
internal trigger	rage	self-reward	reminder	anger reducer
short-term consequence	take a step back	FREE SPACE	explosion phase	Find a distraction
thinking ahead	external trigger	listen to music	ABCs of Anger	helping others
expressing affection	anger cue	making a complaint	self-coaching	social skill

Bingo Card ID 002

Anger Management

self-reward	reminder	making a complaint	self-evaluation	external trigger
internal trigger	explosion phase	self-coaching	short-term consequence	exercise
thinking ahead	helping others	FREE SPACE	anger cue	listen to music
Find a distraction	anger reducer	aggression	take a step back	ABCs of Anger
read	expressing affection	long-term consequence	rage	social skill

Bingo Card ID 003

Anger Management

self-coaching	rage	self-reward	helping others	listen to music
social skill	exercise	explosion phase	making a complaint	take a step back
aggression	self-evaluation	FREE SPACE	Find a distraction	expressing affection
reminder	external trigger	short-term consequence	ABCs of Anger	thinking ahead
read	long-term consequence	internal trigger	anger reducer	anger cue

Bingo Card ID 004

Anger Management

take a step back	long-term consequence	short-term consequence	anger reducer	making a complaint
Find a distraction	rage	read	thinking ahead	self-coaching
explosion phase	self-evaluation	FREE SPACE	self-reward	anger cue
helping others	external trigger	exercise	social skill	internal trigger
reminder	aggression	listen to music	ABCs of Anger	expressing affection

Bingo Card ID 005

Anger Management

long-term consequence	anger reducer	take a step back	explosion phase	ABCs of Anger
self-reward	external trigger	reminder	social skill	Find a distraction
aggression	thinking ahead	FREE SPACE	internal trigger	listen to music
exercise	anger cue	helping others	rage	self-evaluation
expressing affection	short-term consequence	read	self-coaching	making a complaint

Bingo Card ID 006

Anger Management

long-term consequence	aggression	self-evaluation	anger cue	exercise
explosion phase	reminder	making a complaint	self-reward	rage
ABCs of Anger	listen to music	FREE SPACE	read	self-coaching
external trigger	short-term consequence	take a step back	thinking ahead	internal trigger
helping others	anger reducer	social skill	Find a distraction	expressing affection

Bingo Card ID 007

Anger Management

thinking ahead	anger cue	short-term consequence	read	self-reward
expressing affection	reminder	exercise	listen to music	rage
explosion phase	self-coaching	FREE SPACE	internal trigger	Find a distraction
long-term consequence	making a complaint	helping others	ABCs of Anger	take a step back
external trigger	self-evaluation	anger reducer	aggression	social skill

Bingo Card ID 008

Anger Management

thinking ahead	self-evaluation	external trigger	internal trigger	ABCs of Anger
anger cue	Find a distraction	take a step back	long-term consequence	anger reducer
self-reward	self-coaching	FREE SPACE	rage	explosion phase
aggression	social skill	exercise	read	listen to music
reminder	helping others	expressing affection	making a complaint	short-term consequence

Bingo Card ID 009

Anger Management

external trigger	helping others	making a complaint	Find a distraction	short-term consequence
long-term consequence	anger reducer	exercise	listen to music	self-evaluation
self-coaching	rage	FREE SPACE	thinking ahead	explosion phase
reminder	expressing affection	social skill	read	anger cue
internal trigger	self-reward	aggression	ABCs of Anger	take a step back

Bingo Card ID 010

Anger Management

read	take a step back	short-term consequence	aggression	anger cue
reminder	expressing affection	explosion phase	Find a distraction	ABCs of Anger
making a complaint	self-reward	FREE SPACE	helping others	self-evaluation
long-term consequence	thinking ahead	listen to music	social skill	anger reducer
self-coaching	internal trigger	external trigger	exercise	rage

Bingo Card ID 011

Anger Management

aggression	social skill	Find a distraction	self-evaluation	exercise
rage	external trigger	long-term consequence	self-reward	expressing affection
making a complaint	read	FREE SPACE	thinking ahead	listen to music
reminder	self-coaching	short-term consequence	anger cue	take a step back
ABCs of Anger	explosion phase	anger reducer	internal trigger	helping others

Bingo Card ID 012

Anger Management

rage	expressing affection	reminder	aggression	explosion phase
helping others	making a complaint	internal trigger	social skill	exercise
listen to music	self-reward	FREE SPACE	Find a distraction	thinking ahead
long-term consequence	self-evaluation	take a step back	external trigger	anger cue
ABCs of Anger	self-coaching	read	anger reducer	short-term consequence

Bingo Card ID 013

Anger Management

self-reward	external trigger	anger reducer	helping others	making a complaint
anger cue	exercise	thinking ahead	rage	short-term consequence
self-evaluation	reminder	FREE SPACE	explosion phase	expressing affection
ABCs of Anger	read	Find a distraction	internal trigger	aggression
take a step back	listen to music	long-term consequence	social skill	self-coaching

Bingo Card ID 014

Anger Management

helping others	anger reducer	listen to music	making a complaint	anger cue
self-reward	self-coaching	internal trigger	rage	explosion phase
social skill	ABCs of Anger	FREE SPACE	reminder	long-term consequence
read	Find a distraction	take a step back	exercise	short-term consequence
self-evaluation	thinking ahead	external trigger	expressing affection	aggression

Bingo Card ID 015

Anger Management

expressing affection	external trigger	long-term consequence	reminder	aggression
self-coaching	take a step back	making a complaint	exercise	Find a distraction
rage	anger reducer	FREE SPACE	short-term consequence	self-reward
internal trigger	self-evaluation	thinking ahead	explosion phase	ABCs of Anger
social skill	anger cue	read	listen to music	helping others

Bingo Card ID 016

Anger Management

rage	listen to music	Find a distraction	thinking ahead	explosion phase
take a step back	social skill	self-reward	making a complaint	self-coaching
read	ABCs of Anger	FREE SPACE	long-term consequence	helping others
reminder	self-evaluation	internal trigger	external trigger	short-term consequence
anger reducer	expressing affection	aggression	exercise	anger cue

Bingo Card ID 017

Anger Management

long-term consequence	rage	exercise	thinking ahead	anger reducer
short-term consequence	aggression	expressing affection	helping others	external trigger
making a complaint	ABCs of Anger	FREE SPACE	internal trigger	listen to music
reminder	anger cue	social skill	read	self-coaching
self-evaluation	take a step back	Find a distraction	self-reward	explosion phase

Bingo Card ID 018

Anger Management

listen to music	aggression	ABCs of Anger	anger reducer	self-reward
making a complaint	self-evaluation	rage	read	self-coaching
take a step back	long-term consequence	FREE SPACE	internal trigger	helping others
external trigger	short-term consequence	explosion phase	expressing affection	exercise
anger cue	Find a distraction	reminder	social skill	thinking ahead

Bingo Card ID 019

Anger Management

explosion phase	internal trigger	helping others	anger cue	listen to music
external trigger	anger reducer	read	making a complaint	self-coaching
self-evaluation	thinking ahead	FREE SPACE	exercise	short-term consequence
reminder	expressing affection	Find a distraction	self-reward	ABCs of Anger
long-term consequence	social skill	rage	take a step back	aggression

Bingo Card ID 020

Anger Management

making a complaint	short-term consequence	explosion phase	rage	ABCs of Anger
reminder	read	expressing affection	long-term consequence	aggression
social skill	internal trigger	FREE SPACE	listen to music	external trigger
self-reward	anger cue	take a step back	thinking ahead	self-coaching
Find a distraction	exercise	anger reducer	helping others	self-evaluation

Anger Management

short-term consequence	read	expressing affection	rage	self-evaluation
self-coaching	long-term consequence	take a step back	Find a distraction	anger reducer
anger cue	exercise	FREE SPACE	thinking ahead	helping others
reminder	self-reward	ABCs of Anger	making a complaint	listen to music
explosion phase	aggression	internal trigger	social skill	external trigger

Anger Management

listen to music	ABCs of Anger	anger reducer	helping others	read
long-term consequence	reminder	aggression	Find a distraction	self-reward
thinking ahead	external trigger	FREE SPACE	internal trigger	self-evaluation
social skill	anger cue	making a complaint	short-term consequence	expressing affection
exercise	take a step back	self-coaching	rage	explosion phase

Bingo Card ID 023

Anger Management

internal trigger	helping others	ABCs of Anger	anger cue	reminder
short-term consequence	self-coaching	thinking ahead	external trigger	self-reward
take a step back	listen to music	FREE SPACE	expressing affection	explosion phase
making a complaint	social skill	read	rage	anger reducer
exercise	Find a distraction	self-evaluation	aggression	long-term consequence

Bingo Card ID 024

Anger Management

explosion phase	social skill	self-coaching	aggression	read
internal trigger	rage	long-term consequence	take a step back	anger reducer
expressing affection	making a complaint	FREE SPACE	external trigger	listen to music
reminder	ABCs of Anger	anger cue	helping others	exercise
self-evaluation	short-term consequence	Find a distraction	self-reward	thinking ahead

Bingo Card ID 025

Anger Management

making a complaint	self-coaching	take a step back	anger reducer	anger cue
listen to music	external trigger	ABCs of Anger	helping others	thinking ahead
internal trigger	rage	FREE SPACE	aggression	short-term consequence
self-reward	social skill	exercise	self-evaluation	expressing affection
read	long-term consequence	Find a distraction	explosion phase	reminder

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Bingo Card ID 026

Anger Management

ABCs of Anger	expressing affection	helping others	self-reward	explosion phase
Find a distraction	listen to music	thinking ahead	short-term consequence	internal trigger
anger reducer	reminder	FREE SPACE	anger cue	long-term consequence
read	self-coaching	social skill	making a complaint	rage
self-evaluation	external trigger	aggression	exercise	take a step back

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Anger Management

thinking ahead	expressing affection	long-term consequence	making a complaint	take a step back
Find a distraction	short-term consequence	ABCs of Anger	anger reducer	social skill
listen to music	self-coaching	FREE SPACE	anger cue	external trigger
self-evaluation	rage	read	helping others	internal trigger
aggression	reminder	self-reward	explosion phase	exercise

Anger Management

thinking ahead	internal trigger	self-evaluation	explosion phase	reminder
take a step back	social skill	short-term consequence	ABCs of Anger	self-coaching
rage	self-reward	FREE SPACE	anger cue	helping others
external trigger	anger reducer	aggression	making a complaint	expressing affection
exercise	listen to music	Find a distraction	read	long-term consequence

Bingo Card ID 029

Anger Management

internal trigger	aggression	social skill	ABCs of Anger	anger reducer
expressing affection	Find a distraction	anger cue	listen to music	making a complaint
external trigger	rage	FREE SPACE	take a step back	self-coaching
explosion phase	self-reward	short-term consequence	thinking ahead	exercise
reminder	read	self-evaluation	helping others	long-term consequence

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Bingo Card ID 030

Anger Management

read	expressing affection	Find a distraction	explosion phase	take a step back
short-term consequence	exercise	rage	thinking ahead	internal trigger
self-evaluation	making a complaint	FREE SPACE	long-term consequence	anger reducer
aggression	listen to music	self-reward	self-coaching	helping others
anger cue	social skill	ABCs of Anger	reminder	external trigger

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