

UNHEALTHY RELATIONSHIP BINGO

MARK THE SQUARES THAT APPLY. DOES YOUR PARTNER...

ONLY APOLOGIZE WHEN CONFRONTED	NOT RETURN EFFORT	MAKE YOU FEEL LIKE YOU CAN'T TRUST THEM	CALL YOU UNKIND NAMES	CHEAT ON YOU
BECOME SCARY DURING ARGUMENTS	BLAME YOU FOR THEIR ACTIONS	SABATOGUE YOUR GOALS	CONFLICT WITH YOUR VALUES	MINIMIZE YOUR WINS AND TEAR DOWN YOUR SELF-ESTEEM
MAKE YOU FEEL NERVOUS TO SEE THEM	MAKE YOU FEEL CONFUSED OR CRAZY	 DISRESPECT YOU	CREATE PROBLEMS FOR YOU TO SOLVE	IGNORE YOUR BOUNDARIES
CONTROL WHO YOU ARE ALLOWED TO SEE AND TALK TO	INVALIDATE YOUR FEELINGS	RUSH YOU INTO THINGS YOU AREN'T READY FOR	SAY THEY LOVE YOU BUT DON'T SHOW IT THROUGH ACTIONS	MAKE FALSE PROMISES
MAKE YOU FEEL UNSAFE SAYING "NO"	PRESSURE YOU PHYSICALLY, FINANCIALY, EMOTIONALLY	MAKE YOU CRY MORE THAN LAUGH	MAKE IMPORTANT DECISIONS WITHOUT YOUR INPUT	MAKE YOU FEEL UNSAFE IN ANY WAY

INSTRUCTIONS: This bingo card is a tool to help you recognize warning signs in a relationship. Mark the squares that apply to your experience—there's no winning or losing, just awareness. If you find yourself checking off many, it may be a sign of an unhealthy or unsafe relationship.

IF YOU MARKED A LOT OF SQUARES: it may indicate that your relationship has **harmful patterns**. You deserve to feel safe and respected, and **no one should make you feel scared or controlled**. Consider talking to a trusted friend, family member, or counselor to get support and guidance. Remember, **healthy love is based on mutual respect and care**.