

More good days, together

Some parts of being a therapist are hard to explain, unless you've lived them. Therapist Life Bingo is for those moments.

How to Play:

1. Each week in May, mark a square when one of these very real therapist-life moments happens or when you take a small moment for yourself.
2. At the end of the month, see if you marked five in a row: across, down, or diagonal.
3. If you get Bingo, celebrate it! Say it out loud, send it to a friend, or just take the win. You deserve it.

THERAPIST LIFE BINGO

Week 1	WE SEE YOU <input type="checkbox"/>	WE SEE YOU <input type="checkbox"/>	WE SEE YOU <input type="checkbox"/>	WE SEE YOU <input type="checkbox"/>	WE SEE YOU <input type="checkbox"/>
	You drove home carrying something a client said. Again.	You held space for someone's worst day. On one of yours.	You worried about a client over the weekend and told no one.	You said 'that makes sense' and really, truly meant it.	You showed up anyway. That is not a small thing.
Week 2	WHAT YOU GIVE <input type="checkbox"/>	WHAT YOU GIVE <input type="checkbox"/>	WHAT YOU GIVE <input type="checkbox"/>	WHAT YOU GIVE <input type="checkbox"/>	WHAT YOU GIVE <input type="checkbox"/>
	Sit in the 51st minute. The one after they leave. Just breathe.	Name one session this week that actually went well. Out loud.	Acknowledge the note you wrote at 9pm that nobody will ever thank you for.	Count the number of tissues in your office. That's data.	Think of the client who came back after quitting. You did that.
Week 3	YOU DESERVE THIS <input type="checkbox"/>	YOU DESERVE THIS <input type="checkbox"/>	You showed up today. That counts.	YOU DESERVE THIS <input type="checkbox"/>	YOU DESERVE THIS <input type="checkbox"/>
	Book the appointment you've been putting off for yourself.	Take a full lunch. Sit down. No charting.		Tell a colleague something you're actually struggling with.	Leave at your stop time today. The notes will still be there.
Week 4	LITTLE WINS COUNT <input type="checkbox"/>	LITTLE WINS COUNT <input type="checkbox"/>	LITTLE WINS COUNT <input type="checkbox"/>	LITTLE WINS COUNT <input type="checkbox"/>	LITTLE WINS COUNT <input type="checkbox"/>
	Log off for the day and actually log off for the day.	Celebrate a client's tiny-but-huge breakthrough.	Finish a sentence without saying "Does that make sense?"	Make eye contact with your untouched water bottle before 4pm	Find the one worksheet you swore you saved.
Week 5	MORE GOOD DAYS, TOGETHER <input type="checkbox"/>	MORE GOOD DAYS, TOGETHER <input type="checkbox"/>	MORE GOOD DAYS, TOGETHER <input type="checkbox"/>	MORE GOOD DAYS, TOGETHER <input type="checkbox"/>	MORE GOOD DAYS, TOGETHER <input type="checkbox"/>
	Text a therapist friend something other than a referral.	Find one therapist online who makes you feel less alone in this.	Share what a good day actually looks like for you with someone.	Ask a colleague how they're doing. Wait for the real answer.	Let yourself receive care today. You give it. You deserve it too.

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