



# FIND YOUR FEISTY

INSPIRATION + COURAGE = FEISTY

## Dysfunctional Family Bingo

'Tis the season for family drama ... fa la la la la la la la la!

The holidays are notorious for people being driven crazy by their families. Your Uncle Larry makes an inappropriate comment, your grandmother calls you fat, and your kids fight in the car the entire way.

*Calgon, take me away!*

Sure, you could run away and spend the holidays on a remote island, but you can't hide forever ... or could you? No, that's not realistic...

Maybe you don't want to run and hide ... maybe you're finding your confidence and your voice, and you will not tolerate such outrageous behavior. There's nothing wrong with speaking your truth, but their behavior doesn't have to drive you to the brink of insanity, end up in a fight, or make you drink heavily.

We can make ourselves crazy by trying to change what we don't like in others.

News Flash! You can't change your family members or make them do what you want – no matter how much of an improvement you think it is. Trying to will only make you stressed and anxious.

It's not your job to change people's behavior.

So, if we can't change them, then let's have fun with the insanity!



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## Welcome to Dysfunctional Family Bingo!

Here's one of my favorite games to make family get-togethers a lot more fun.

I hear all the time that people dread going to their family gatherings for the holidays because they fear some kind of drama, annoyance, irritation, conflict, etc.

Let Dysfunctional Family Bingo make your family chaos into a game. My mentor, the amazing [Dr. Martha Beck](#), created this game and shared it with me when I was in coach training. I love it because, instead of focusing on your expectations of how people *should* behave – which will almost always disappoint you – you can focus on what will most likely happen and not get irritated by it.

Turn that frown upside down, and let's have some fun!

You can play for a prize with your friends – the first one to get Bingo buys lunch or drinks. Or if you only need bragging rights for having the most outrageous dysfunctional family ... gold star for you!

The rules are simple – similar to traditional Bingo:

1. Fill in the blank bingo card with what you think will happen at your family gathering.
2. Select one or two people to play this game with.
3. Hide your card in your pocket or your purse, and let the good times roll!
4. When you get 5 spaces in a row – across, down, or diagonally – you have BINGO!
5. Text or call the other players covertly and announce your victory – *BINGO!*

**Here's my feisty version...**



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## Sample Dysfunctional Family Bingo Card


*These might not be your family issues,  
but I'm sure you can find 24 others that are 😊*

Kids have a meltdown	“When are you getting married?”	Jane forgot to make the gravy	Little Johnny gives someone an attitude	Sarah drinks too much
Aunt Connie is late	Rival football fans are talking trash to each other	Uncle Larry says something inappropriate	John is fighting about religion and politics	Sally talks about how fat she is
Passive-aggressive Becky says “I know I didn’t do it right, I hope it’s okay.”	Jay is going off about organic food		Amanda is singing again, and it’s awful	“When are you going to have a baby?”
Nancy never helps clean up	Adam talks about how much money he makes	Tim complains about everything	Marcie talks about poop – in detail	Your mother criticizes your outfit
Grandma says something about your weight	Uncle Ronnie is trying to sell you his latest snake oil scheme	Mom forgot the Cool Whip again	Tim brings a new significant other who is crude	Charlie is constantly talking about the stock market



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Remember: Other people's drama doesn't have to become yours!

**GAME ON!**

for more on thriving for the holidays,  
read <http://www.shawnamorrow.com/thriving-for-the-holidays>