

Doctor Bingo

"The word is a force you cannot see, but you can see the manifestation of that force ... which is your own life."

-- *Don Miguel Ruiz*

This happens with age! The topic of conversation among friends and family is about their own health troubles or someone who they know is not well.

Wendy: Because of all the illnesses, I started to play the game *Who is the Sickest and Who Takes the Most Pills*. I played the game at a party and the competition was fierce. It was "gastric bypass with tons of complications" vs. "oozing infection in the jaw." It turned out to be a tie for first place. After that game, I started to think about other party games like bingo.

I decided Doctor Bingo would be fun. My original plan was to have an awareness game to show everyone else how much they talked about doctors, sickness and medications. When I put the word list together for Doctor Bingo, I realized I was the one using all those words on a regular basis. I often wondered if people who thought they were super positive would be shocked if they could hear what actually came out of their mouths. The answer is yes. I am one of those optimists. Thank God no one has to be perfect. I will be more aware of my conversations and word choices in the future.

You can play Doctor Bingo in addition to *Who is the Sickest and Who Takes the Most Pills* with a bonus feature of enjoying your favorite beverage. Every time you hear anything to do with the doctor theme, take a sip. Warning! Too much Doctor Bingo could be hazardous to your health. If and when you realize you don't want to play Doctor Bingo any more, it is time to play Healthy Bingo.

I came up with an original list of 25 words for Healthy Bingo. Regular bingo has space for 75 numbers. I found a website¹ which claimed to have an exhaustive list of words associated with the word "health." I

¹ <http://english-for-students.com/Health-Vocabulary.html>, 12/01/2015

was expecting to find 50 more positive uplifting words and my work would be done. The first three listed were:

1. Abnormal
2. Abstinence
3. Ache

I was expecting the first three words to be acupuncture, aerobics and apple.

I wonder if conversations would change if we were looking for different words.

The next game you could play is *Words Matter*. This game is also known as *What You Think and Talk About, Comes About*. Can you think of an example of something that you talked or thought about so much that you manifested it to come true? Every time my friend wears a white shirt, he spills coffee on it. He says “that always happens to me.” The scenario continues to be repeated in an endless loop. Another friend knows she will win a prize or get the perfect parking spot every time, she usually does.

How many of you have ever been eating and a glob of ketchup falls on your shirt and you said “I knew that was going to happen!” If you were aware the spill was going to happen, what would you do to change the outcome? What if you became aware of how powerful your words are? Would you change how you speak? Would you change how you talk to yourself?