

B	I	N	G	O
Thinking to use as this is not my drug of choice	Attempting to resolve old relationships	Going to a licensed bar to meet friends for bowling	Putting too many responsibilities on self	Keeping drug or alcohol use a secret from family members
Engaging in conversations about past use	Taking a long drive along a scenic road	Making weekend plans with same old group of friends who offered you to use for recreation	Attending gatherings where alcohol or drugs are likely to be present	Not preparing for long travel before hand
Substituting addiction	Using alcohol or drugs on "special occasions"	FREE	Cancelling appointments	Going to the bank to deposit cash
Having old contacts in the phone	Sharing with your old group of smoking friends that you are trying to quit smoking	Keeping alcohol or drugs in the house	Going to a place where you first started using	Maintaining relationships with people who are using drug
Going to a party with your group of friends who are using	Dropped in on an old friend as you felt guilty about neglecting them	Not maintaining routine	Walking into the liquor store to buy cigarettes	Giving old relationships another chance

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