

B	I	N	G	O
Step 9	12 Steps	Nicotine cravings	Smoke-free community	Quit date
Higher Power	Step 12	Service	Accountability	Step 1
Cravings management	Nicotine withdrawal	FREE	Nicotine-free living	Sponsorship
One day at a time	Smoke-free	Nicotine replacement therapy	Recovery chips	Nicotine gum/patch
Fellowship	H.O.W. (Honesty Open-mindedness Willingness)	Relapse prevention	Meetings	Share

B	I	N	G	O
Step work	Smoke-free milestone	Smoke-free	Service	Sponsorship
Fellowship	H.O.W. (Honesty Open-mindedness Willingness)	Share	Recovery chips	Higher Power
Relapse prevention	Accountability	FREE	Nicotine withdrawal	12 Steps
Quit date	Step 9	Support group	Meetings	Cravings management
Smoke-free community	Nicotine addiction education	Nicotine-free living	Nicotine cravings	Nicotine replacement therapy

B	I	N	G	O
Relapse prevention	Higher Power	Smoke-free	Share	Nicotine addiction education
Accountability	Support group	Nicotine cravings	Step work	Step 4
Meetings	Sponsorship	FREE	One day at a time	Smoke-free community
12 Steps	H.O.W. (Honesty Open-mindedness Willingness)	Recovery chips	Nicotine-free living	Nicotine triggers
Step 9	Cravings management	Step 1	Fellowship	Step 12