

B	I	N	G	O
Therapeutic tools	Alternative coping mechanisms	Mindfulness	Self-harm recovery	Safety plan
Group therapy	Self-injury triggers	Self-care	Coping skills	Self-help books
Creative expression	Recovery milestones	FREE	Relapse prevention	Self-harm urges
Resilience	Self-expression	Positive affirmations	Self-acceptance	Peer support
Emotional regulation	Emotional well-being	Self-awareness	Healing journey	Self-compassion

B	I	N	G	O
Therapy	Self-harm scars	Self-expression	Self-care	Self-harm urges
Emotional regulation	Emotional well-being	Self-compassion	Self-acceptance	Group therapy
Self-awareness	Coping skills	FREE	Recovery milestones	Alternative coping mechanisms
Safety plan	Therapeutic tools	Trauma healing	Healing journey	Creative expression
Self-harm recovery	Inner strength	Relapse prevention	Mindfulness	Positive affirmations

B	I	N	G	O
Self-awareness	Group therapy	Self-expression	Self-compassion	Inner strength
Coping skills	Trauma healing	Mindfulness	Therapy	Supportive circle
Healing journey	Self-harm urges	FREE	Resilience	Self-harm recovery
Alternative coping mechanisms	Emotional well-being	Self-acceptance	Relapse prevention	Progress
Therapeutic tools	Creative expression	Self-help books	Emotional regulation	Self-injury triggers