B	I	N	G	O
USE POSITIVE SELF-TALK	BE HONEST IN THERAPY	HYGENIC ROUTINES	SELF-LOVING ACTIONS	PROCESS EMOTIONS IN PHYSICAL MOVEMENT
FEELS COMFORTABLE ADOVCATING WHEN IN NEED	TALK TO A SUPPORTIVE PERSON	PROCESSES URGES/ CRAVINGS	BE VULNERABLE	RECOGNIZING PROGRESS
TAKE MY MEDICATION CONSISTENTLY	UTILIZES BREATHING TECHNIQUES	SOMETHING YOU ARE PROUD OF	CONTRARY ACTS/ THOUGHTS	POSITIVE AFFIRMATIONS THAT YOU BELIEVE IN
PRACTICE SELF-FORGIVENESS	STEPPING OUTSIDE OF COMFORT ZONE	PRAY OR MEDITATE	LET YOURSELF CRY	PROCESS FEELINGS THROUGH ART
KNOWS HOW TO COPE WITH ANGER	ESTABLISH SELF-CARE	PROVIDES KINDNESS TO PEERS	UTILIZES SOMETHING FROM GROUP THERAPY	HAVING A SAFE STAFF PERSON TO TALK TO

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B	I	N	G	O
UTILIZES BREATHING TECHNIQUES	BE VULNERABLE	SELF-LOVING ACTIONS	FEELS COMFORTABLE ADOVCATING WHEN IN NEED	PROCESSES URGES/ CRAVINGS
HYGENIC ROUTINES	UTILIZES SOMETHING FROM GROUP THERAPY	PROCESS EMOTIONS IN PHYSICAL MOVEMENT	ESTABLISH SELF-CARE	RECOGNIZING PROGRESS
PRACTICE SELF-FORGIVENESS	CONTRARY ACTS/ THOUGHTS	SOMETHING YOU ARE PROUD OF	POSITIVE AFFIRMATIONS THAT YOU BELIEVE IN	BE HONEST IN THERAPY
LET YOURSELF CRY	PROVIDES KINDNESS TO PEERS	USE POSITIVE SELF-TALK	HAVING A SAFE STAFF PERSON TO TALK TO	STEPPING OUTSIDE OF COMFORT ZONE
PRAY OR MEDITATE	PROCESS FEELINGS THROUGH ART	TAKE MY MEDICATION CONSISTENTLY	TALK TO A SUPPORTIVE PERSON	KNOWS HOW TO COPE WITH ANGER

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B	I	N	G	O
ESTABLISH SELF-CARE	PROVIDES KINDNESS TO PEERS	BE VULNERABLE	PROCESS FEELINGS THROUGH ART	CONTRARY ACTS/ THOUGHTS
USE POSITIVE SELF-TALK	PRACTICE SELF-FORGIVENESS	PRAY OR MEDITATE	TALK TO A SUPPORTIVE PERSON	PROCESS EMOTIONS IN PHYSICAL MOVEMENT
TAKE MY MEDICATION CONSISTENTLY	HAVING A SAFE STAFF PERSON TO TALK TO	SOMETHING YOU ARE PROUD OF	STEPPING OUTSIDE OF COMFORT ZONE	LET YOURSELF CRY
UTILIZES BREATHING TECHNIQUES	RECOGNIZING PROGRESS	SELF-LOVING ACTIONS	UTILIZES SOMETHING FROM GROUP THERAPY	HYGENIC ROUTINES
POSITIVE AFFIRMATIONS THAT YOU BELIEVE IN	BE HONEST IN THERAPY	PROCESSES URGES/ CRAVINGS	FEELS COMFORTABLE ADOVCATING WHEN IN NEED	KNOWS HOW TO COPE WITH ANGER

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