

B	I	N	G	O
Thought stopping	"Bitch Please!"	Counting	Self soothe 5 senses	Paced Breathing
Box breathing	Temperature	RAIN	"and maybe not"	Remember how special you are
Talk to yourself like a friend	Turn the Mind	FREE	Acceptance Saying	Intense Exercise
It is what it is	Sober Today	Laugh	Gratitude	Practice Mindfulness
Fact check your thoughts	Affirmations	Reframe	Willing hands	Breathe

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Turn the Mind	"and maybe not"	Self soothe 5 senses	Box breathing	RAIN
Counting	Willing hands	Paced Breathing	Affirmations	Remember how special you are
It is what it is	Acceptance Saying	FREE	Intense Exercise	"Bitch Please!"
Gratitude	Reframe	Thought stopping	Breathe	Sober Today
Laugh	Practice Mindfulness	Talk to yourself like a friend	Temperature	Fact check your thoughts

B	I	N	G	O
Affirmations	Reframe	"and maybe not"	Practice Mindfulness	Acceptance Saying
Thought stopping	It is what it is	Laugh	Temperature	Paced Breathing
Talk to yourself like a friend	Breathe	FREE	Sober Today	Gratitude
Turn the Mind	Remember how special you are	Self soothe 5 senses	Willing hands	Counting
Intense Exercise	"Bitch Please!"	RAIN	Box breathing	Fact check your thoughts