| B | I | N | G | O |
|---|---|---|---|---|
| Cross-addiction | Emotional eating | Meetings | Service | Trigger |
| Body image | Fellowship | Self-care | Sponsorship | Step 9 |
| 12 Steps | H.O.W. (Honesty Open-mindedness Willingness) | **FREE** | Step 1 | Unity |
| Accountability | Food plan | Recovery chips | Share | Step work |
| Cravings | Gratitude | One day at a time | Serenity | Step 4 |



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| B | I | N | G | O |
|---|---|---|---|---|
| Body image | Gratitude | Progress | Serenity | Trigger |
| 12 Steps | H.O.W. (Honesty Open-mindedness Willingness) | One day at a time | Share | Unity |
| Cross-addiction | Higher Power | **FREE** | Sponsorship | Support group |
| Accountability | Food plan | OA literature | Service | Step 4 |
| Abstinence | Emotional eating | Meetings | Step 12 | Step 9 |



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| Cross-addiction | Emotional eating | Recovery chips | Service | Support group |
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