Recovery from Relapse

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

Overeaters Anonymous Bingo Card #1 of 3

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Recovery from Relapse

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	FREEDOM	Sponsorship	Support group
Accountability	Food plan	OA literature	Service	Step 4
Abstinence	Emotional eating	Meetings	Step 12	Step 9

Overeaters Anonymous Bingo Card #2 of 3

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Recovery from Relapse

Cross-addiction	Emotional eating	Recovery chips	Service	Support group
Abstinence	Fellowship	Self-care	Step 12	Step 4
Body image	Higher Power	FREEDOM	Serenity	Unity
Cravings	Food plan	OA literature	Sponsorship	Step work
Accountability	Gratitude	Progress	Step 1	Step 9

Overeaters Anonymous Bingo Card #3 of 3

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