

B	I	N	G	O
Someone pops a champagne bottle	After-party invites	Feeling lonely or isolated	Regret about the past year	Open bar
Confetti falling	Someone giving a toast	People clinking glasses loudly	Ball dropping	Seeing others get high or drunk
Staying up late	Being asked why you're sober	FREE	Hiding setbacks	Hugs and kisses at midnight
Seeing old friends from active addiction	Memories of past celebrations	Popular song on the radio/playlist	Feeling pressure to celebrate big wins	Peer pressure
Clock striking midnight	Romanticizing old use	Countdown from 10	"I deserve a reward"	Craving

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Hiding setbacks	After-party invites	FREE	Feeling pressure to celebrate big wins	Popular song on the radio/playlist
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Open bar	General holiday stress	Seeing others get high or drunk	People clinking glasses loudly	Someone giving a toast

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