

B	I	N	G	O
Therapist	Avoid old hangouts	5-4-3-2-1 grounding	Evening routine	Overdose prevention
My grief trigger	Crisis line	Sponsor / Mentor	My stress pattern	Backup ride
Safe place imagery	Thought challenging	FREE	Box breathing	My shame trigger
Medication safety	Music for regulation	Purpose goals	My biggest trigger	Nature time
Safe money plan	Opposite action	Gratitude practice	Morning routine	Family support

B	I	N	G	O
My relapse excuse	Music for regulation	Exit plan	Case manager	Court schedule
My risky thought	My grief trigger	My danger zone feeling	Body movement	Safe place imagery
Cold water splash	Peer support	FREE	Medication safety	Morning routine
Sponsor / Mentor	Thought challenging	Self-compassion	Backup ride	My shame trigger
Overdose prevention	My isolation sign	Box breathing	Cultural ceremony	Evening routine

B	I	N	G	O
Safe place imagery	My warning sign behavior	Urge surfing	Probation / Parole	Opposite action
My stress pattern	Purpose goals	Case manager	Creative outlet	My grief trigger
Crisis line	Nature time	FREE	My relapse excuse	Avoid old hangouts
Medication safety	5-4-3-2-1 grounding	My danger zone feeling	My risky thought	Therapist
Cold water splash	Weekly planning	Values check	Cultural ceremony	Box breathing