

B	I	N	G	O
How I feel about recovery	How my family was affected	Step work	Therapy	treatment
Hope	How my sleep was affected	co-occurring disorder	12 steps	relationships
Withdrawal	Improvement	FREE	Support	Amends
Goals	Mental Health Symptoms	Warning Signs	Sobriety	self-help support group
clean/sober	Life in Recovery	better communication	Detox	relapse

B	I	N	G	O
High risk situation	How my sleep was affected	better communication	Sobriety	relapse
Goals	Mental Health Symptoms	Step work	positive coping strategies	treatment
Withdrawal	Meditation	FREE	money problems	self-help support group
Hope	Life in Recovery	affirmations	Progress	resentments
clean/sober	Recovery	co-occurring disorder	Detox	relationships

B	I	N	G	O
clean/sober	Meditation	Warning Signs	money problems	self-help support group
Hope	How my family was affected	addiction	Detox	relationships
How I feel about recovery	How my sleep was affected	FREE	positive coping strategies	trigger
Acknowledging the things I can not change	Recovery	Step work	Progress	Amends
Focus on Today	Improvement	"Thinking I can do this alone"	12 steps	relapse