

B	I	N	G	O
support system	Affirmations	Relapse	medications	celebrate successes
Mental Health Court	music	forgiveness	Better communication	mindfulness
therapy	Co-occurring disorder	FREE	dance	Treatment
Has a sponsor	Trigger	meditation	art	hobbies
milestone/Anniv within the past week	Self-help support group	Relationships	culture/spirituality	Family

B	I	N	G	O
dance	celebrate successes	Co-occurring disorder	mindfulness	Family
meditation	Treatment	Trigger	music	Better communication
therapy	medications	FREE	culture/spirituality	Mental Health Court
Relapse	forgiveness	milestone/Anniv within the past week	Has a sponsor	hobbies
Affirmations	support system	yoga	Positive coping strategies	Relationships

B	I	N	G	O
dance	Mental Health Court	hobbies	Positive coping strategies	Better communication
Affirmations	yoga	Relapse	therapy	Has a sponsor
music	milestone/Anniv within the past week	FREE	art	medications
Family	culture/spirituality	Trigger	Treatment	Co-occurring disorder
mindfulness	celebrate successes	Relationships	forgiveness	support system