B	I	N	G	O
Situation	Holidays	Journaling	Awareness	Notice Triggers
Trigger	Person	Getting Paid	Support	Prevention
Friends Who Use	Healthy Coping	**FREE**	Craving	Healthy Choices
Emotion	Relapse	Unhealthy Habits	Recovery	Behavior
Thought	Warning Sign	Place	Seeing Substance	Coping Skills

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B	I	N	G	O
Emotion	Warning Sign	Urge to Use	Seeing Substance	Notice Triggers
Friends Who Use	Attending Meeting	Drawing	Recovery	Healthy Choices
Situation	Holidays	**FREE**	Support	Pattern
Trigger	Healthy Coping	Unhealthy Habits	Awareness	Prevention
Thought	Go for a Walk	Place	Craving	Coping Skills

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B	I	N	G	O
Parties	Healthy Coping	Urge to Use	Awareness	Notice Triggers
Trigger	Holidays	Drawing	Seeing Substance	Pattern
Emotion	Go for a Walk	**FREE**	Stress	Healthy Choices
Situation	Attending Meeting	Painting	Support	Prevention
Friends Who Use	Warning Sign	Getting Paid	Craving	Behavior

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