

Boundaries BINGO

Trigger	12-steps	12-steps	Children and/or Grandchildren	No
Get support	Avoiding 'dangerous' people places or things	Sponsor or counselor	Healthy Boundaries	Acknowledging what I can and cannot change
My job	Relapse warning sign	Free Space	No	Trigger
Advanced Copers	Healthy Boundaries	Exercising	Avoiding 'dangerous' people places or things	Expectations of Others
Relapse	Find Spiritual Support	Meditation	Relapse warning sign	Relapse

Boundaries BINGO

My job	Depression	Relapse warning sign	Exercising	Communication
Going to meetings and support groups	Expectations of Others	Co-occurring disorder	Advanced Copers	Affirmations
Healthy Boundaries	Get support	Free Space	Find Spiritual Support	Addiction
Affirmations	No	Do something I do well	Advanced Copers	Exercising
Sponsor or counselor	Acknowledging what I can and cannot change	Trigger	Resources	Acknowledging what I can and cannot change

Boundaries BINGO

Healthy Boundaries	No	Going to meetings and support groups	Addiction	Exercising
Groups or organizations	Resources	Financial Relationship Legal problems	Get support	Beginning Copers
Children and/or Grandchildren	How my sleeping was affected	Free Space	Unhealthy Boundaries	Not take medications
My job	How my sleeping was affected	Relapse	Advanced Copers	Anxiety
Meditation	Meditation	Going to meetings and support groups	Groups or organizations	Acknowledging what I can and cannot change