

B	I	N	G	O
Has started a new healthy habit.	Has a coping skill they would recommend to others.	Has a hobby that helps them stay sober (What is it?)	Has received help that made a difference.	Has helped another person in recovery.
Has a favorite way to relax.	Has someone who inspires their recovery.	Has learned something surprising about themselves in recovery.	Has a dream they hope to accomplish someday.	Has rebuilt trust with someone.
Has someone they can call when life gets difficult.	Has stopped doing something that was unhealthy.	FREE	Has a favorite recovery quote or saying.	Has achieved a goal they once thought was impossible.
Has forgiven someone and can share what helped.	Has set a healthy boundary that made life better.	Has found a healthy way to deal with stress.	Has accomplished something they are proud of this year.	Has learned an important lesson in recovery.
Has a place they go when they need peace.	Has a favorite self-care activity.	Has overcome a craving recently.	Is working on forgiving themselves.	Has a goal they are currently working toward.

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