

B	I	N	G	O
Stress/Conflict	Anger	Feeling hopeless	Passing by liquor stores	Loneliness
Driving by old neighborhoods	Social Media	Medical problems	Being around using family	Music
Seeing people high	Unexpected life events	FREE	Boredom	Getting overwhelmed
Glorifying the good old days	Physical pain	Lack of support	Frustration	Loss of daily structure
Feeling worthless	Complacency	Money	Using friends	Emotional pain/trauma

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Unexpected life events	Being around using family	Passing by liquor stores	Driving by old neighborhoods	Medical problems
Feeling hopeless	Using friends	Loneliness	Complacency	Music
Glorifying the good old days	Boredom	FREE	Getting overwhelmed	Anger
Frustration	Money	Stress/Conflict	Emotional pain/trauma	Physical pain
Lack of support	Loss of daily structure	Seeing people high	Social Media	Feeling worthless

B	I	N	G	O
Complacency	Money	Being around using family	Loss of daily structure	Boredom
Stress/Conflict	Glorifying the good old days	Lack of support	Social Media	Loneliness
Seeing people high	Emotional pain/trauma	FREE	Physical pain	Frustration
Unexpected life events	Music	Passing by liquor stores	Using friends	Feeling hopeless
Getting overwhelmed	Anger	Medical problems	Driving by old neighborhoods	Feeling worthless