B	I	N	G	O
Seeing substances	Anger	Feeling hopeless	Money	Lack of support
Driving by old neighborhoods	Seeing other people engage in the behavior	Loss of daily structure	Boredom	Memories
Physical pain	Stress/Conflict	**FREE**	Certain smells	Frustration
Getting overwhelmed	Music	Glorifying the good ol days	Friends who use substances	Loneliness
Feeling worthless	Complacency	Medical problems	Unexpected life events	Emotional pain/trauma

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B	I	N	G	O
Stress/Conflict	Boredom	Money	Driving by old neighborhoods	Loss of daily structure
Feeling hopeless	Unexpected life events	Lack of support	Complacency	Memories
Getting overwhelmed	Certain smells	**FREE**	Frustration	Anger
Friends who use substances	Medical problems	Seeing substances	Emotional pain/trauma	Music
Glorifying the good ol days	Loneliness	Physical pain	Seeing other people engage in the behavior	Feeling worthless

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B	I	N	G	O
Complacency	Medical problems	Boredom	Loneliness	Certain smells
Seeing substances	Getting overwhelmed	Glorifying the good ol days	Seeing other people engage in the behavior	Lack of support
Physical pain	Emotional pain/trauma	**FREE**	Music	Friends who use substances
Stress/Conflict	Memories	Money	Unexpected life events	Feeling hopeless
Frustration	Anger	Loss of daily structure	Driving by old neighborhoods	Feeling worthless

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