

Recovery Bingo

I tried a new hobby	I am courageous	I am part of a healthy community	I know how I am feeling	I have attended a Meeting
I am in "Maintenance"	I practice gratitude	I have goals	I am having a hard day	I have shared in group
I know what PAWS is	I try to exercise everyday	FREE	I am healing	I can see progress
I drank water today	I know one coping skill for stress	I got a good night's sleep	I can say no to people	I have been to treatment
I can define mindfulness	I am in "Action"	I have practiced a relaxation technique	I'm focused on today	I am kind to myself

Recovery Bingo

I try to exercise everyday	I am having a hard day	I know how I am feeling	I am in "Maintenance"	I have goals
I am part of a healthy community	I'm focused on today	I have attended a Meeting	I am in "Action"	I have shared in group
I drank water today	I am healing	FREE	I can see progress	I am courageous
I can say no to people	I have practiced a relaxation technique	I tried a new hobby	I am kind to myself	I know one coping skill for stress
I got a good night's sleep	I have been to treatment	I know what PAWS is	I practice gratitude	I can define mindfulness

Recovery Bingo

I am in "Action"	I have practiced a relaxation technique	I am having a hard day	I have been to treatment	I am healing
I tried a new hobby	I drank water today	I got a good night's sleep	I practice gratitude	I have attended a Meeting
I know what PAWS is	I am kind to myself	FREE	I know one coping skill for stress	I can say no to people
I try to exercise everyday	I have shared in group	I know how I am feeling	I'm focused on today	I am part of a healthy community
I can see progress	I am courageous	I have goals	I am in "Maintenance"	I can define mindfulness