B	I	N	G	O
said thank you	Cried	did something I didn't want to do	laughed out loud	felt happy
ate a healthy meal	said "yes" to something	gave a hug	Told myself something positive	kept within my budget
resistent an urge	used a coping skill	**FREE**	Told someone I loved them	excited about day treatment
exercised	meditated	expressed my thoughts	drank 8 glasses of water	felt peaceful
didn't complain	afraid	got 8 hours of sleep	was given a compliment	created balance

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B	I	N	G	O
used a coping skill	Told myself something positive	laughed out loud	ate a healthy meal	gave a hug
did something I didn't want to do	was given a compliment	felt happy	afraid	kept within my budget
exercised	Told someone I loved them	**FREE**	excited about day treatment	Cried
drank 8 glasses of water	got 8 hours of sleep	said thank you	created balance	meditated
expressed my thoughts	felt peaceful	resistent an urge	said "yes" to something	didn't complain

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B	I	N	G	O
afraid	got 8 hours of sleep	Told myself something positive	felt peaceful	Told someone I loved them
said thank you	exercised	expressed my thoughts	said "yes" to something	felt happy
resistent an urge	created balance	**FREE**	meditated	drank 8 glasses of water
used a coping skill	kept within my budget	laughed out loud	was given a compliment	did something I didn't want to do
excited about day treatment	Cried	gave a hug	ate a healthy meal	didn't complain

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