

B	I	N	G	O
talk	attend group	do activities	recognize limits	jounral
breathe	take a walk	meditate	be confident	say no
think	be happy	FREE	make friends	exercise
be rational	expres feelings	relax	have fun	read a book
rest	eat healthy	don't worry	look good	be positve

B	I	N	G	O
make friends	jounral	be happy	say no	be posiitve
relax	exercise	expres feelings	take a walk	be confident
think	recognize limits	FREE	look good	breathe
do activities	meditate	rest	be rational	read a book
attend group	talk	try new things	conquer fears	don't worry

B	I	N	G	O
make friends	breathe	read a book	conquer fears	be confident
attend group	try new things	do activities	think	be rational
take a walk	rest	FREE	have fun	recognize limits
be positive	look good	express feelings	exercise	be happy
say no	journal	don't worry	meditate	talk