

B	I	N	G	O
Talk to staff	Ask for help	Exercise	See a movie	Notice the cost
Dance	Take 5	Practice daily	Choose self respect	Reward your self
Soothing talk	Talk yourself through it	FREE	Create a new story	Leave a bad scene
List your options	Set a boundary	Listen to music	Inspire yourself	Notice what you can control
Grounding with your 5 senses	Cry	Praise yourself	Tolerate the feeling	Drawing

B	I	N	G	O
Talk yourself through it	Choose self respect	See a movie	Dance	Practice daily
Exercise	Tolerate the feeling	Notice the cost	Cry	Reward your self
List your options	Create a new story	FREE	Leave a bad scene	Ask for help
Inspire yourself	Praise yourself	Talk to staff	Drawing	Set a boundary
Listen to music	Notice what you can control	Soothing talk	Take 5	Grounding with your 5 senses

B	I	N	G	O
Cry	Praise yourself	Choose self respect	Notice what you can control	Create a new story
Talk to staff	List your options	Listen to music	Take 5	Notice the cost
Soothing talk	Drawing	FREE	Set a boundary	Inspire yourself
Talk yourself through it	Reward your self	See a movie	Tolerate the feeling	Exercise
Leave a bad scene	Ask for help	Practice daily	Dance	Grounding with your 5 senses