

B	I	N	G	O
triggers	12 steps	emotions	relaxation	marking progress
addictive behaviors	thought-stopping	recovery	AA	support system
truthfulness	abstinence	FREE	fun	guilt
staying busy	loneliness	relapse	exercise	motivation
actions	sponsor	anger	withdrawal	cravings

B	I	N	G	O
truthfulness	withdrawal	AA	loneliness	addictive behaviors
relaxation	guilt	emotions	motivation	abstinence
fun	12 steps	FREE	exercise	relapse
cravings	triggers	anger	staying busy	actions
marking progress	forgiveness	support system	recovery	thought-stopping

B	I	N	G	O
staying busy	exercise	truthfulness	cravings	relaxation
sponsor	support system	withdrawal	loneliness	abstinence
relapse	AA	FREE	fun	emotions
forgiveness	marking progress	actions	12 steps	triggers
thought-stopping	recovery	guilt	motivation	anger