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

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

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

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