

B	I	N	G	O
Triggers	Addiction	Cravings	Nicotine	Exercise
Chewing Gum	Tobacco	INTQL	Blood Pressure	NRT's
Tar	Wellbutrin	FREE	Boredom	Depression
Diabetes	Stress	Drink Water	Delay	HALT
Deep Breathe	Carbon Monoxide	Loneliness	Withdrawal	Cold Turkey

B	I	N	G	O
Wellbutrin	Blood Pressure	Nicotine	Chewing Gum	INTQL
Cravings	Withdrawal	Exercise	Carbon Monoxide	NRT's
Diabetes	Boredom	FREE	Depression	Addiction
Delay	Loneliness	Triggers	Cold Turkey	Stress
Drink Water	HALT	Tar	Tobacco	Deep Breathe

B	I	N	G	O
Carbon Monoxide	Loneliness	Blood Pressure	HALT	Boredom
Triggers	Diabetes	Drink Water	Tobacco	Exercise
Tar	Cold Turkey	FREE	Stress	Delay
Wellbutrin	NRT's	Nicotine	Withdrawal	Cravings
Depression	Addiction	INTQL	Chewing Gum	Deep Breathe