B	I	N	G	O
talk to therapist	Count to 10	deep breathing	serenity prayer	positive self-talk
arts and crafts	take a time out	process feelings	Imagine yourself elsewhere	read the big book
stop and think	use healthy boundaries	**FREE**	Listen to music	go to an AA/NA meeting
journal	spend time with family	meditate	go outside	pray/quiet time
go for a walk	Talk to sponsor	read	walk away from situation	call a friend

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B	I	N	G	O
use healthy boundaries	Imagine yourself elsewhere	serenity prayer	arts and crafts	process feelings
deep breathing	walk away from situation	positive self-talk	Talk to sponsor	read the big book
journal	Listen to music	**FREE**	go to an AA/NA meeting	Count to 10
go outside	read	talk to therapist	call a friend	spend time with family
meditate	pray/quiet time	stop and think	take a time out	go for a walk

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B	I	N	G	O
Talk to sponsor	read	Imagine yourself elsewhere	pray/quiet time	Listen to music
talk to therapist	journal	meditate	take a time out	positive self-talk
stop and think	call a friend	**FREE**	spend time with family	go outside
use healthy boundaries	read the big book	serenity prayer	walk away from situation	deep breathing
go to an AA/NA meeting	Count to 10	process feelings	arts and crafts	go for a walk

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