

B	I	N	G	O
use relaxation skills	Exercise	exercise	take a deep breath	make schedule/organizer
count to 10	talk to therapist	positive affirmations	call close family or friend	read big book
talk to a friend	volunteer	write your own	call crisis line	journal
leave negative situation	take a time out	listen to music	go to a meeting	nature walk
go for a walk	call sponsor	pray/ meditate	walk away	do gratitude list

B	I	N	G	O
volunteer	call close family or friend	take a deep breath	count to 10	positive affirmations
exercise	walk away	make schedule/organizer	call sponsor	read big book
leave negative situation	call crisis line	write your own	journal	Exercise
go to a meeting	pray/meditate	use relaxation skills	do gratitude list	take a time out
listen to music	nature walk	talk to a friend	talk to therapist	go for a walk

B	I	N	G	O
call sponsor	pray/ meditate	call close family or friend	nature walk	call crisis line
use relaxation skills	leave negative situation	listen to music	talk to therapist	make schedule/organizer
talk to a friend	do gratitude list	write your own	take a time out	go to a meeting
volunteer	read big book	take a deep breath	walk away	exercise
journal	Exercise	positive affirmations	count to 10	go for a walk