B	I	N	G	O
Who am I angry with now?	AA or NA helps me by _____	I get angry when _____complained about my using	What does "Give Time Time" mean?	My sober/clean self is _____ _____
I am in denial about _____	What is healthy selfishness?	What could lead me to relapse?	How can I change my thinking?	What does "Easy Does It mean?
What is a relapse?	Who and what do I blame for my drinking and drugging?	**FREE**	How can I reach out for help?	I used an "Eye Opener" when _____
My addictive self is _____ _____	What is "White Knuckling?	My slippery situation is _____	I tried to cut down using when_____	What am I too passive about?
I self medicate when _____	How did my addiction effect my family?	What do I need to be assertive about?	Who has enabled me and how?	I felt guilty about my using when _____

Custom Bingo Card #1 of 3

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B	I	N	G	O
Who and what do I blame for my drinking and drugging?	How can I change my thinking?	What does "Give Time Time" mean?	I am in denial about _____	What could lead me to relapse?
I get angry when _____complained about my using	Who has enabled me and how?	My sober/clean self is _____ _____	How did my addiction effect my family?	What does "Easy Does It mean?
My addictive self is _____ _____	How can I reach out for help?	**FREE**	I used an "Eye Opener" when _____	AA or NA helps me by _____
I tried to cut down using when_____	What do I need to be assertive about?	Who am I angry with now?	I felt guilty about my using when _____	What is "White Knuckling?
My slippery situation is _____	What am I too passive about?	What is a relapse?	What is healthy selfishness?	I self medicate when _____

Custom Bingo Card #2 of 3

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B	I	N	G	O
How did my addiction effect my family?	What do I need to be assertive about?	How can I change my thinking?	What am I too passive about?	How can I reach out for help?
Who am I angry with now?	My addictive self is _____ _____	My slippery situation is _____	What is healthy selfishness?	My sober/clean self is _____ _____
What is a relapse?	I felt guilty about my using when _____	**FREE**	What is "White Knuckling?	I tried to cut down using when_____
Who and what do I blame for my drinking and drugging?	What does "Easy Does It mean?	What does "Give Time Time" mean?	Who has enabled me and how?	I get angry when _____complained about my using
I used an "Eye Opener" when _____	AA or NA helps me by _____	What could lead me to relapse?	I am in denial about _____	I self medicate when _____

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