

B	I	N	G	O
Respect my own and others' values	Accepting	Deep breathing	Make better decisions	Have healthier relationships
Be open to trying something new	Practice self control	Help someone	Ask for help	Keep a positive attitude
Practice healthy coping skills	Understand how you feel	FREE	Be a good listener	Find a hobby
Forgive	Manage my time well	Have fun	Engage in positive self talk	Have quality relationships
Encourage others	Be more self accepting	I am a good friend	Walk away	Come to terms with my past

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Understand how you feel	Ask for help	Make better decisions	Be open to trying something new	Help someone
Deep breathing	Walk away	Have healthier relationships	Be more self accepting	Keep a positive attitude
Forgive	Be a good listener	FREE	Find a hobby	Accepting
Engage in positive self talk	I am a good friend	Respect my own and others' values	Come to terms with my past	Manage my time well
Have fun	Have quality relationships	Practice healthy coping skills	Practice self control	Encourage others

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Be more self accepting	I am a good friend	Ask for help	Have quality relationships	Be a good listener
Respect my own and others' values	Forgive	Have fun	Practice self control	Have healthier relationships
Practice healthy coping skills	Come to terms with my past	FREE	Manage my time well	Engage in positive self talk
Understand how you feel	Keep a positive attitude	Make better decisions	Walk away	Deep breathing
Find a hobby	Accepting	Help someone	Be open to trying something new	Encourage others