

B	I	N	G	O
Tendencies Toward Loneliness	Apprehension About Well-Being	Adamant Commitment to Sobriety	Dissatisfaction with Life	Periods of Confusion
Irritation with Friends	Denial	Self-Confidence	Loss of Control	Attempts to Impose Sobriety on Others
Overwhelming Loneliness/Anger/Tension	Self Pity	FREE	Thoughts of Social Drinking	Complete Loss of
Immature Wish to Be Happy	Defensiveness	Irregular Attendance at Treatment Meetings	Plans Begin to Fail	Irregular Eating Habits
Open Rejection of Help	Progressive Loss of Daily Structure	Feelings of Powerlessness and Helplessness	Feeling Nothing Can Be Solved	Listlessness

B	I	N	G	O
Irregular Attendance at Treatment Meetings	Feeling Nothing Can Be Solved	Compulsive Behavior	Conscious Lying	Loss of Constructive Planning
Irritation with Friends	Irregular Sleeping Habits	Complete Loss of	Self Pity	Periods of Confusion
Immature Wish to Be Happy	Impulsive Behavior	FREE	Self-Confidence	Attempts to Impose Sobriety on Others
Thoughts of Social Drinking	Apprehension About Well-Being	Denial	Easily Angered	Minor Depression
Periods of Deep Depression	Overwhelming Loneliness/Anger/Tension	Loss of Control	Plans Begin to Fail	Defensiveness

B	I	N	G	O
Open Rejection of Help	Irritation with Friends	Denial	Listlessness	Apprehension About Well-Being
Immature Wish to Be Happy	Adamant Commitment to Sobriety	Irregular Sleeping Habits	Loss of Constructive Planning	Tendencies Toward Loneliness
Compulsive Behavior	Unreasonable Resentments	FREE	Tunnel Vision	Development of an "I don't care" Attitude
Complete Loss of	Periods of Confusion	Loss of Control	Discontinuing All Treatment	Thoughts of Social Drinking
Defensiveness	Attempts to Impose Sobriety on Others	Overwhelming Loneliness/Anger/Tension	Impulsive Behavior	Dissatisfaction with Life