

B	I	N	G	O
Watch TV	Attend DBT group	Drawing	Talk to nurse/NP	Read
Dance	Use cheerleading statements	Say "okay" and walk away	Attend support group	Talk to a peer
Talk to therapist	Weigh pros and cons	FREE	Complete diary card	Listen to/play music
Play cards	Talk to recovery coach	Play the tape out	Exercise	STOP & THINK
Eat a meal	Count to 10	Squeeze your fists together	Write in a journal	Deep breathing

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Weigh pros and cons	Attend support group	Talk to nurse/NP	Dance	Say "okay" and walk away
Drawing	Write in a journal	Read	Count to 10	Talk to a peer
Play cards	Complete diary card	FREE	Listen to/play music	Attend DBT group
Exercise	Squeeze your fists together	Watch TV	Deep breathing	Talk to recovery coach
Play the tape out	STOP & THINK	Talk to therapist	Use cheerleading statements	Eat a meal

B	I	N	G	O
Count to 10	Squeeze your fists together	Attend support group	STOP & THINK	Complete diary card
Watch TV	Play cards	Play the tape out	Use cheerleading statements	Read
Talk to therapist	Deep breathing	FREE	Talk to recovery coach	Exercise
Weigh pros and cons	Talk to a peer	Talk to nurse/NP	Write in a journal	Drawing
Listen to/play music	Attend DBT group	Say "okay" and walk away	Dance	Eat a meal