

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

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

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