

# Recovery Bingo

|                                |                                           |               |                                        |                        |
|--------------------------------|-------------------------------------------|---------------|----------------------------------------|------------------------|
| supportive relationships       | Acknowledging the things I can not change | 90 in 90      | How my sleep was affected              | marijuana              |
| \Thinking I can do this alone\ | High risk situation                       | resentments   | better communication<br>"I" statements | relapse                |
| Focus on Today                 | Mindfulness                               | <b>FREE</b>   | Has fewer than 90 days clean/sober     | Recovery               |
| money problems                 | Warning Signs                             | family stress | positive coping strategies             | Life in Recovery       |
| How my thinking was affected   | addiction                                 | Goals         | affirmations                           | Attitude is everything |

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|                                    |                           |                                           |                                |                                        |
|------------------------------------|---------------------------|-------------------------------------------|--------------------------------|----------------------------------------|
| relapse                            | Goals                     | memory loss                               | Mindfulness                    | Focus on Today                         |
| Recovery                           | resentments               | Acknowledging the things I can not change | supportive relationships       | better communication<br>"I" statements |
| marijuana                          | addiction                 | <b>FREE</b>                               | Attitude is everything         | affirmations                           |
| High risk situation                | How my sleep was affected | co-occurring disorder                     | treatment                      | money problems                         |
| Has fewer than 90 days clean/sober | family stress             | 90 in 90                                  | "Thinking I can do this alone" | self-care                              |

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|                                |                                        |                            |                                           |                          |
|--------------------------------|----------------------------------------|----------------------------|-------------------------------------------|--------------------------|
| Goals                          | trigger                                | treatment                  | High risk situation                       | Attitude is everything   |
| memory loss                    | better communication<br>"I" statements | How my family was affected | Acknowledging the things I can not change | supportive relationships |
| "Thinking I can do this alone" | Has fewer than 90 days clean/sober     | <b>FREE</b>                | marijuana                                 | Recovery                 |
| How my sleep was affected      | affirmations                           | Mindfulness                | How my thinking was affected              | family stress            |
| self-care                      | How I feel about recovery              | money problems             | Warning Signs                             | 90 in 90                 |