

B	I	N	G	O
step one	Abstinence	Motivation	patience	grounding techniques
Goals	slip	justification	Accountability	old behaviors
relapse	triggers	FREE	Faith/spirituality	co-dependency
enabler	perceptions	escape plan	addiction	instant gratification
Surrender	Feed back	mental health	warning signs	Meditation

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triggers	Accountability	patience	Goals	justification
Motivation	warning signs	grounding techniques	Feed back	old behaviors
enabler	Faith/spirituality	FREE	co-dependency	Abstinence
addiction	mental health	step one	Meditation	perceptions
escape plan	instant gratification	relapse	slip	Surrender

B	I	N	G	O
Feed back	mental health	Accountability	instant gratification	Faith/spirituality
step one	enabler	escape plan	slip	grounding techniques
relapse	Meditation	FREE	perceptions	addiction
triggers	old behaviors	patience	warning signs	Motivation
co-dependency	Abstinence	justification	Goals	Surrender