

B	I	N	G	O
Stress	Abstinence	Emotional Triggers	Scheduling	Management
Boredom	Shame	Prayer	Accountability	Relapse Justifications
Self-Sabotage	Triggers	FREE	Addictive Behaviors	Forgiveness
Goals	Self-Care	Guilt	Faith	Motivation
Emotions	Behaviors	Relapse Drift	Truthfulness	Compulsive Behaviors

B	I	N	G	O
Triggers	Accountability	Scheduling	Boredom	Prayer
Emotional Triggers	Truthfulness	Management	Behaviors	Relapse Justifications
Goals	Addictive Behaviors	FREE	Forgiveness	Abstinence
Faith	Relapse Drift	Stress	Compulsive Behaviors	Self-Care
Guilt	Motivation	Self-Sabotage	Shame	Emotions

B	I	N	G	O
Behaviors	Relapse Drift	Accountability	Motivation	Addictive Behaviors
Stress	Goals	Guilt	Shame	Management
Self-Sabotage	Compulsive Behaviors	FREE	Self-Care	Faith
Triggers	Relapse Justifications	Scheduling	Truthfulness	Emotional Triggers
Forgiveness	Abstinence	Prayer	Boredom	Emotions