

B	I	N	G	O
Went to My Group	Called My Sponsor	Identified a Trigger	Used Avoidance	Said No
Helped Another Person for Noting in Return	Was Accountable for My Actions	Spent Time With My family	Checked in with My PO	Used Acceptance
Used Distraction	Went to My One on One	FREE	Deleted Contacts From Phone	Practiced GIVE or DEAR MAN
Practiced Self-Care	Used Deep Breathing	Practiced a CBT Skill	Pee Tested This Week	Slept 8 Hours
Identify the Stage of Change I am in	Encouraged My Peers	Took Responsibility for My Attitude	Went to an Online Meeting	Identified a "SUD"

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Went to My One on One	Checked in with My PO	Used Avoidance	Helped Another Person for Noting in Return	Spent Time With My family
Identified a Trigger	Went to an Online Meeting	Said No	Encouraged My Peers	Used Acceptance
Practiced Self-Care	Deleted Contacts From Phone	FREE	Practiced GIVE or DEAR MAN	Called My Sponsor
Pee Tested This Week	Took Responsibility for My Attitude	Went to My Group	Identified a "SUD"	Used Deep Breathing
Practiced a CBT Skill	Slept 8 Hours	Used Distraction	Was Accountable for My Actions	Identify the Stage of Change I am in

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Encouraged My Peers	Took Responsibility for My Attitude	Checked in with My PO	Slept 8 Hours	Deleted Contacts From Phone
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Used Distraction	Identified a "SUD"	FREE	Used Deep Breathing	Pee Tested This Week
Went to My One on One	Used Acceptance	Used Avoidance	Went to an Online Meeting	Identified a Trigger
Practiced GIVE or DEAR MAN	Called My Sponsor	Spent Time With My family	Helped Another Person for Noting in Return	Identify the Stage of Change I am in