

B	I	N	G	O
Use Distractions	Acceptance of Responsibility	Check in With Probation	Self-Care	Hit 45 Day's C/S
Balance my Time	Talk to Someone Supportive	Making Amends (forgive)	Accepting My Cannabis Use Disorder	Say No
Speak Up About Recovery	Use My Higher Power	FREE	Ask for Help	Eat Healthy For One Day
Get 8 Hours Sleep	Set Boundaries With Friends	Have a Good Attitude	Delete Old Facebook Friends	Identify a New Trigger
Delete Old Contact from Phone	Attend My One on Ones Weekly	Practice Avoidance	Use a Coping Effectively	Be Useful

B	I	N	G	O
Use My Higher Power	Accepting My Cannabis Use Disorder	Self-Care	Balance my Time	Making Amends (forgive)
Check in With Probation	Use a Coping Effectively	Hit 45 Day's C/S	Attend My One on Ones Weekly	Say No
Get 8 Hours Sleep	Ask for Help	FREE	Eat Healthy For One Day	Acceptance of Responsibility
Delete Old Facebook Friends	Practice Avoidance	Use Distractions	Be Useful	Set Boundaries With Friends
Have a Good Attitude	Identify a New Trigger	Speak Up About Recovery	Talk to Someone Supportive	Delete Old Contact from Phone

B	I	N	G	O
Attend My One on Ones Weekly	Practice Avoidance	Accepting My Cannabis Use Disorder	Identify a New Trigger	Ask for Help
Use Distractions	Get 8 Hours Sleep	Have a Good Attitude	Talk to Someone Supportive	Hit 45 Day's C/S
Speak Up About Recovery	Be Useful	FREE	Set Boundaries With Friends	Delete Old Facebook Friends
Use My Higher Power	Say No	Self-Care	Use a Coping Effectively	Check in With Probation
Eat Healthy For One Day	Acceptance of Responsibility	Making Amends (forgive)	Balance my Time	Delete Old Contact from Phone