

|                   |                   |                  |                         |                  |
|-------------------|-------------------|------------------|-------------------------|------------------|
| <b>B</b>          | <b>I</b>          | <b>N</b>         | <b>G</b>                | <b>O</b>         |
| deep breathing    | Addiction         | Going for a walk | Talking with loved ones | Medical concerns |
| Feeling powerless | Withdrawal        | Self-care        | Change environment      | Treatment        |
| dysfunction       | Dependence        | <b>FREE</b>      | Pressure                | Journal          |
| Family            | Lack of resources | Therapy          | Listening to music      | Separation       |
| Trauma            | Intervention      | Habit            | Negative thoughts       | Enable           |

|                  |                         |                   |                    |                    |
|------------------|-------------------------|-------------------|--------------------|--------------------|
| <b>B</b>         | <b>I</b>                | <b>N</b>          | <b>G</b>           | <b>O</b>           |
| Pressure         | Medical concerns        | Dependence        | Treatment          | Enable             |
| Therapy          | Journal                 | Lack of resources | Withdrawal         | Change environment |
| dysfunction      | Talking with loved ones | <b>FREE</b>       | Negative thoughts  | Feeling powerless  |
| Going for a walk | Self-care               | Trauma            | Family             | Separation         |
| Addiction        | deep breathing          | relapse           | Financial hardship | Habit              |

|            |                      |                        |                       |                               |
|------------|----------------------|------------------------|-----------------------|-------------------------------|
| <b>B</b>   | <b>I</b>             | <b>N</b>               | <b>G</b>              | <b>O</b>                      |
| Pressure   | Feeling<br>powerless | Separation             | Financial<br>hardship | Change<br>environment         |
| Addiction  | relapse              | Going<br>for a<br>walk | dysfunction           | Family                        |
| Withdrawal | Trauma               | <b>FREE</b>            | Listening<br>to music | Talking<br>with loved<br>ones |
| Enable     | Negative<br>thoughts | Lack of<br>resources   | Journal               | Dependence                    |
| Treatment  | Medical<br>concerns  | Habit                  | Self-care             | deep<br>breathing             |