B	I	N	G	O
Withdrawal	Addiction	Lack of resources	Temptation	Safe Harbor
Homeless	Treatment	Self-esteem	Addiction	Talking with loved ones
Trauma	deep breathing	**FREE**	Change environment	Negative thoughts
Pressure	Therapy	Relapse	Medical concerns	Self-care
Listening to music	Dependence	Separation	dysfunction	Journal

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B	I	N	G	O
deep breathing	Addiction	Temptation	Homeless	Self-esteem
Lack of resources	dysfunction	Safe Harbor	Dependence	Talking with loved ones
Pressure	Change environment	**FREE**	Negative thoughts	Addiction
Medical concerns	Separation	Withdrawal	Journal	Therapy
Relapse	Self-care	Trauma	Treatment	Listening to music

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B	I	N	G	O
Dependence	Separation	Addiction	Self-care	Change environment
Withdrawal	Pressure	Relapse	Treatment	Safe Harbor
Trauma	Journal	**FREE**	Therapy	Medical concerns
deep breathing	Talking with loved ones	Temptation	dysfunction	Lack of resources
Negative thoughts	Addiction	Self-esteem	Homeless	Listening to music

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