

B	I	N	G	O
stability	12 steps	coping skills	nurture yourself	hope
boundaries	self respect	independence	ask for help	motivation
responsibilitygo for walk	support groups	FREE	assertiveness	forgiveness
growth	problem solving	healthy relationships	feel it move on	independence
exercise	be positive	make goals	take responsibility	call someone

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coping skills	take responsibility	hope	be positive	motivation
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forgiveness	12 steps	independence	boundaries	exercise