

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

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

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