

|                  |                        |                 |                    |                     |
|------------------|------------------------|-----------------|--------------------|---------------------|
| <b>B</b>         | <b>I</b>               | <b>N</b>        | <b>G</b>           | <b>O</b>            |
| stability        | 121<br>steps           | call<br>someone | problem<br>solving | growth              |
| be<br>positive   | sponsor                | independence    | AA/NA              | nurture<br>yourself |
| self<br>respect  | take<br>responsibility | <b>FREE</b>     | ask for<br>help    | forgiveness         |
| go for a<br>walk | responsibility         | gratitude       | exercise           | hope                |
| coping<br>skills | assertiveness          | motivation      | thankful           | boundaries          |

|                        |                 |                    |                |                     |
|------------------------|-----------------|--------------------|----------------|---------------------|
| <b>B</b>               | <b>I</b>        | <b>N</b>           | <b>G</b>       | <b>O</b>            |
| take<br>responsibility | AA/NA           | problem<br>solving | be<br>positive | independence        |
| call<br>someone        | thankful        | growth             | assertiveness  | nurture<br>yourself |
| go for a<br>walk       | ask for<br>help | <b>FREE</b>        | forgiveness    | 121<br>steps        |
| exercise               | motivation      | stability          | boundaries     | responsibility      |
| gratitude              | hope            | self<br>respect    | sponsor        | coping<br>skills    |

|                     |                  |                 |                |               |
|---------------------|------------------|-----------------|----------------|---------------|
| <b>B</b>            | <b>I</b>         | <b>N</b>        | <b>G</b>       | <b>O</b>      |
| assertiveness       | motivation       | AA/NA           | hope           | ask for help  |
| stability           | go for a walk    | gratitude       | sponsor        | growth        |
| self respect        | boundaries       | <b>FREE</b>     | responsibility | exercise      |
| take responsibility | nurture yourself | problem solving | thankful       | call someone  |
| forgiveness         | 121 steps        | independence    | be positive    | coping skills |