

B	I	N	G	O
Support System	Ask Another Person	Action Plans	Education	Relapse Prevention Plan
Healthy Diet	Be Polite	Spiritual	Mental	Ask in a Different Way
Recovery	See Your Strengths	FREE	Take Medication	Attend Self Help Groups
Financial	Get Enough Sleep	Responsibility	Goals	Physical
Emotional	Emotional	Know Yourself	Be Clear	Love Yourself

B	I	N	G	O
Healthy Diet	Goals	Ask in a Different Way	Self-Awareness	Be Accepting
Relapse Prevention Plan	Financial	Attend Self Help Groups	Get Enough Sleep	Spiritual
Take Medication	Ask Another Person	FREE	Mental	Know Yourself
Love Yourself	Go To The Doctor For Check-ups	Believe in Yourself	Education	Peer Support
Recovery	Say What You Need	Be Clear	Physical	Be Polite

B	I	N	G	O
Physical	Know Yourself	Love Yourself	Ask Another Person	Financial
Action Plans	Goals	Be Polite	Support System	Be Accepting
Yoga	Wellness Plan	FREE	Believe in Yourself	Ask in a Different Way
Relapse Prevention Plan	Mental	Discipline Yourself	Take Medication	Healthy Diet
Be Clear	Recovery	Get Enough Sleep	Education	Attend Self Help Groups