



SOBER

Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 28 events:

Celebrated a recovery milestone/anniv within the past week, Has a sponsor, Has fewer than 90 days clean/sober, Has finished Step Nine, Have a year sober/clean, High risk situation, NNAMHS, addiction, affirmations, alcohol, brain chemistry, cancer, co-occurring disorder, ecstasy, family, heroin, marijuana, memory loss, meth, money problems, pain pills, positive coping strategies, relapse, relationships, resentments, self-help support group, treatment, trigger.



SOBER Bingo Call Sheet

This is a randomized list of all 28 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



relationships	relapse	resentments	brain chemistry	affirmations
Celebrated a recovery milestone/anniv within the past week	positive coping strategies	Have a year sober/clean	co-occurring disorder	self-help support group
NNAMHS	money problems	memory loss	ecstasy	High risk situation
marijuana	trigger	pain pills	Has finished Step Nine	addiction
Has fewer than 90 days clean/sober	alcohol	heroin	family	treatment
Has a sponsor	cancer	meth		

S	O	B	E	R
relapse	relationships	Have a year sober/clean	treatment	meth
Has finished Step Nine	co-occurring disorder	family	positive coping strategies	NNAMHS
heroin	marijuana	FREE	trigger	brain chemistry
Has a sponsor	Celebrated a recovery milestone/anniv within the past week	High risk situation	addiction	cancer
resentments	pain pills	money problems	Has fewer than 90 days clean/sober	alcohol

This bingo card was created randomly from a total of 28 events.

S	O	B	E	R
treatment	money problems	relapse	cancer	trigger
co-occurring disorder	brain chemistry	Celebrated a recovery milestone/anniv within the past week	family	marijuana
alcohol	positive coping strategies	FREE	self-help support group	resentments
High risk situation	Has finished Step Nine	relationships	NNAMHS	heroin
pain pills	meth	Has fewer than 90 days clean/sober	ecstasy	Has a sponsor

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