



Recovery 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 24 events:

Acceptance, Anger, Anhedonia, CBT, CDIOP, Cross-Addiction, Faith, Fear, Love, Midbrain, PHP, Powerlessness, Prefrontal Cortex, Recovery, Relapse, Resentment, Unmanageability, dopamine, give example of negative consequence from AOD, give example of positive affirmation, give example of positive coping skill, pleasure pathway, the choice argument, the disease argument.



Recovery Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



give example of positive affirmation	Resentment	Love	dopamine	Recovery
Anhedonia	Cross-Addiction	Fear	PHP	Relapse
Acceptance	Anger	Prefrontal Cortex	the choice arguement	Midbrain
Unmanageability	give example of positive coping skill	the disease arguement	pleasure pathway	Faith
CDIOP	Powerlessness	give example of negative consequence from AOD	CBT	

S	O	B	E	R
Faith	Powerlessness	CDIOP	the choice argument	give example of negative consequence from AOD
the disease argument	give example of positive coping skill	dopamine	PHP	Anhedonia
Resentment	Fear	FREE	Recovery	Anger
Cross-Addiction	Midbrain	give example of positive affirmation	Prefrontal Cortex	Acceptance
Love	Unmanageability	CBT	pleasure pathway	Relapse

This bingo card was created randomly from a total of 24 events.

S	O	B	E	R
Powerlessness	Faith	give example of positive affirmation	give example of positive coping skill	Resentment
the choice argument	Anhedonia	Recovery	Acceptance	Anger
Fear	Midbrain	FREE	pleasure pathway	Cross-Addiction
Relapse	Love	Prefrontal Cortex	the disease argument	CDIOP
dopamine	CBT	Unmanageability	PHP	give example of negative consequence from AOD

This bingo card was created randomly from a total of 24 events.