



# Sobriety 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 any 2 lines
- First to get the four corners
- First to get two diagonal lines through the middle (an "X")
- First to get all squares (a "coverall")

## Guest Instructions:

- Check off events on your card as the judge announces them
- If you satisfy a goal, announce "BINGO!". You've won!
- The judge decides in the case of disputes

## This is an alphabetical list of all 102 events:

(A) Drug is a Drug, Acceptance, Accepting My Alcoholism, Act As If, Action, Addictive Personality, Adversity, Agnostics (We Agnostics), Amends Making Hard Amends, Amends Beyond "I'm Sorry", Anger, Anniversaries, Anonymity, Asking for Help, Attitude, Attraction not Promotion, Balance, Being Useful, Big Book (Using the Big Book), Boredom with the Program, Breaking My Anonymity, Bring the Body and the Mind Will Follow, But For the Grace of God, Carry This Message, Change, Character Defects, Choice, Clarity of Thought, Codependence, Compassion, Complacency, Contempt Prior to Investigation, Courage, Courage to Change the Things I Can (Serenity Prayer), Cravings, Cunning Baffling Powerful, Dealing with Difficult People, Decision Making, Denial, Dependence, Detaching Detaching with Love, Disappointment, Discipline, Disease Concept, Do the Next Right Thing, Don't Drink and Go To Meetings, Don't Quit Before the Miracle, Drinking Occasions, Drunk Who Brought You In Will Take You Out, Dry Drunks, Easy Does It, Ego (ego-smashing Easing God Out), Eleventh Step Prayer (Prayer of Saint Francis of Assisi), Emotional

Balance (from Step 10), Emotional Hangover (from Step 10), Enjoying Life (Having Fun Sober), Expect a Miracle, Expectations, Experience Strength and Hope, Faith, Fake It Till You Make It, Fear, Fear of Failure/Fear of Success, Feelings and Emotions, Fellowship, First Drink Gets You Drunk, First Things First, First Thought Wrong, Fixing Me Not You, Forgiveness, Forgiving Others, Forgiving Ourselves, Foundation, Freedom from Bondage, Friendship, Fun, Gift of Desperation, Gifts of the Program, God as I Understand Him, Gossip, Gratitude, Greed Gluttony Having Enough, Growth, Growth through Pain, Guilt, Handling Failure, Handling Success, Happiness, Happy Joyous and Free, Higher Power, Hitting Bottom, Holidays, Honesty (Rigorous Honesty), Hope, Humility, Hungry Angry Lonely Tired (HALT), I Am Responsible, Identify Don't Compare, If God is in charge why do we sweat the small stuff?, If it's not practical it's not spiritual, If nothing changes nothing changes, Improving the Quality of My Sobriety.



# Sobriety Bingo Call Sheet

This is a randomized list of all 102 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Carry This Message	Drunk Who Brought You In Will Take You Out	Agnostics (We Agnostics)	Growth through Pain	Amends Making Hard Amends
Codependence	Guilt	Fear	Cravings	Discipline
Accepting My Alcoholism	Clarity of Thought	Experience Strength and Hope	Amends Beyond "I'm Sorry"	Emotional Balance (from Step 10)
(A) Drug is a Drug	Cunning Baffling Powerful	Action	Fun	Friendship
Fake It Till You Make It	Freedom from Bondage	Greed Gluttony Having Enough	Contempt Prior to Investigation	Courage
Drinking Occasions	Gift of Desperation	Attraction not Promotion	Gratitude	Being Useful



# Sobriety Bingo Call Sheet

This continues the randomized list of all 102 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Act As If	Handling Failure	Expectations	Honesty (Rigorous Honesty)	I Am Responsible
But For the Grace of God	Choice	Addictive Personality	Don't Quit Before the Miracle	Dealing with Difficult People
Gifts of the Program	Disappointment	Gossip	Do the Next Right Thing	Acceptance
Eleventh Step Prayer (Prayer of Saint Francis of Assisi)	Fellowship	Detaching Detaching with Love	Ego (ego-smashing Easing God Out)	Disease Concept
God as I Understand Him	First Thought Wrong	Attitude	Improving the Quality of My Sobriety	Dry Drunks
Boredom with the Program	Foundation	Compassion	Breaking My Anonymity	Humility



# Sobriety Bingo Call Sheet

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Expect a Miracle	Holidays	Identify Don't Compare	Happiness	Anonymity
Complacency	Hope	Fear of Failure/Fear of Success	Dependence	Enjoying Life (Having Fun Sober)
Feelings and Emotions	Hitting Bottom	Emotional Hangover (from Step 10)	Adversity	Character Defects
Asking for Help	Handling Success	Forgiving Others	First Drink Gets You Drunk	Hungry Angry Lonely Tired (HALT)
Happy Joyous and Free	Easy Does It	Faith	Forgiving Ourselves	Anniversaries
Big Book (Using the Big Book)	Decision Making	If it's not practical it's not spiritual	Anger	Don't Drink and Go To Meetings



# Sobriety Bingo Call Sheet

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Bring the Body and the Mind Will Follow	Fixing Me Not You	If nothing changes nothing changes	Denial	First Things First
If God is in charge why do we sweat the small stuff?	Growth	Forgiveness	Balance	Higher Power
Change	Courage to Change the Things I Can (Serenity Prayer)			

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Complacency	First Drink Gets You Drunk	Codependence	Don't Quit Before the Miracle	Change
Carry This Message	Forgiving Others	Fear of Failure/Fear of Success	Cravings	Higher Power
Humility	But For the Grace of God	FREE	If God is in charge why do we sweat the small stuff?	Hitting Bottom
Forgiveness	Happy Joyous and Free	Fear	Act As If	Action
Character Defects	Friendship	Freedom from Bondage	Emotional Balance (from Step 10)	Addictive Personality

This bingo card was created randomly from a total of 102 events.

(A) Drug is a Drug, Acceptance, Accepting My Alcoholism, Act As If, Action, Addictive Personality, Adversity, Agnostics (We Agnostics), Amends Making Hard Amends, Amends Beyond "I'm Sorry", Anger, Anniversaries, Anonymity, Asking for Help, Attitude, Attraction not Promotion, Balance, Being Useful, Big Book (Using the Big Book), Boredom with the Program, Breaking My Anonymity, Bring the Body and the Mind Will Follow, But For the Grace of God, Carry This Message, Change, Character Defects, Choice, Clarity of Thought, Codependence, Compassion, Complacency, Contempt Prior to Investigation, Courage, Courage to Change the Things I Can (Serenity Prayer), Cravings, Cunning Baffling Powerful, Dealing with Difficult People, Decision Making, Denial, Dependence, Detaching Detaching with Love, Disappointment, Discipline, Disease Concept, Do the Next Right Thing, Don't Drink and Go To Meetings, Don't Quit Before the Miracle, Drinking Occasions, Drunk Who Brought You In Will Take You Out, Dry Drunks, Easy Does It, Ego (ego-smashing Easing God Out), Eleventh Step Prayer (Prayer of Saint Francis of Assisi), Emotional Balance (from Step 10), Emotional Hangover (from Step 10), Enjoying Life (Having Fun Sober), Expect a Miracle, Expectations, Experience Strength and Hope, Faith, Fake It Till You Make It, Fear, Fear of Failure/Fear of Success, Feelings and Emotions, Fellowship, First Drink Gets You Drunk, First Things First, First Thought Wrong, Fixing Me Not You, Forgiveness, Forgiving Others, Forgiving Ourselves, Foundation, Freedom from Bondage, Friendship, Fun, Gift of Desperation, Gifts of the Program, God as I Understand Him, Gossip, Gratitude, Greed Gluttony Having Enough, Growth,

Growth through Pain, Guilt, Handling Failure, Handling Success, Happiness, Happy Joyous and Free, Higher Power, Hitting Bottom, Holidays, Honesty (Rigorous Honesty), Hope, Humility, Hungry Angry Lonely Tired (HALT), I Am Responsible, Identify Don't Compare, If God is in charge why do we sweat the small stuff?, If it's not practical it's not spiritual, If nothing changes nothing changes, Improving the Quality of My Sobriety.



<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Enjoying Life (Having Fun Sober)	Hungry Angry Lonely Tired (HALT)	Happiness	Holidays	Gossip
Emotional Hangover (from Step 10)	Drunk Who Brought You In Will Take You Out	Acceptance	Contempt Prior to Investigation	Drinking Occasions
Gift of Desperation	Forgiving Ourselves	FREE	Friendship	Experience Strength and Hope
Hitting Bottom	Fixing Me Not You	Anonymity	Identify Don't Compare	Forgiveness
Courage to Change the Things I Can (Serenity Prayer)	Faith	First Drink Gets You Drunk	Don't Quit Before the Miracle	Dependence

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