

Recovery Bingo

Self-Inventory	Supportive to My Recovery	Danger Zones – Relapse Warning Signs	Planning for Recovery	Recovery Slogans
How my sleeping was affected	My job	Self-pity	Going to meetings or support groups	Live and -----
How my thinking was affected	Neighbors and neighborhood	Thinking "I can do this alone"	Exercising	Let it __
How my spiritual beliefs were affected	Clubs or organizations	Free Space	Acknowledging what I can and cannot change	Slow but -----
How my job and co-workers were affected	Children and/or grandchildren	Stop seeing my sponsor or counselor	Focusing on today	Supports: have them, use -----
How my ability to care for myself was affected	Sponsor or counselor	Feeling entitled or self-righteous	Avoiding 'dangerous' people, places and things	No time like the -----