

DBT-BINGO

Using Relationship Effectiveness: Give	Accepts	Accepting Reality	Emotions - use opposite	Self-respect effectiveness: Fast
Observe	Describe	Truthful	Pushing Away	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)
Touch	Vacation	FREE	Appear Confident	Prayer
Imagery	Dear Man	Interpersonal Effectiveness	Stick to value	Negotiate
See	Thoughts	Self Soothe with five senses	Fair	Improve the moment

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Express	One-mindfully	Interpersonal Effectiveness	Encouragement	Assert
Comparisons	Participate	One thing at a time	Non-judgmentally	Apologies
Touch	Sensations	FREE	Imagery	Interested
Truthful	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Vacation	Treat Physical Illness	Activities
Prayer	Appear Confident	Improve the moment	Describe	Emotions - use opposite

DBT-BINGO

Treat Physical Illness	Reinforce	Validate	Sleep	Self Soothe with five senses
Pushing Away	Stick to value	Assert	Contributing	One thing at a time
Describe	See	FREE	Opposite to emotion action	Activities
Imagery	Accepting Reality	Non-judgmentally	Participate	Using Relationship Effectiveness: Give
Be mindful of current emotion	eating	Willingness	Describe	Apologies