

DBT-BINGO

STOP	5-4-3-2-1	Describe	Opposite to emotion action	Observe
Cope ahead	Ride the wave	One thing at a time	Accepts	Opposite action
Radical Acceptance	TIPP	DBT Free Space	Building Mastery	How Skills
Mindfulness	Participate	Non-judgmentally	GIVE	Observe Skills
Distress Tolerance	Check the facts	One-mindfully	Wise mind	Dear man

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TIPP	Accepts	Opposite to emotion action	Cope ahead	One thing at a time
Describe	Wise mind	Observe	Check the facts	Opposite action
Mindfulness	Building Mastery	DBT Free Space	How Skills	5-4-3-2-1
GIVE	One-mindfully	STOP	Dear man	Participate
Non-judgmentally	Observe Skills	Radical Acceptance	Ride the wave	Distress Tolerance

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Check the facts	One-mindfully	Accepts	Observe Skills	Building Mastery
STOP	Mindfulness	Non-judgmentally	Ride the wave	Observe
Radical Acceptance	Dear man	DBT Free Space	Participate	GIVE
TIPP	Opposite action	Opposite to emotion action	Wise mind	Describe
How Skills	5-4-3-2-1	One thing at a time	Cope ahead	Distress Tolerance