

DBT-BINGO

Touch	Biosocial Theory	Activities	Encouragement	Pushing Away
Movement	Distract with Wise Mind Accepts	Temperature	One-mindfully	Comparisons
Pros & Cons	Stay Focused	FREE	Try Harder	Crisis Survival Skills
One thing at a time	Intense Exercise	Dialectic	Interpersonal Effectiveness	Self Soothe with five senses
Mindful	Progressive Muscle Relaxation	Smell	IMPROVE the Moment	IMAGERY

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No absolute truth	Interpersonal Effectiveness	How Skills	Crisis Urges	DBT Rocks!!
Observe	Negotiate	Mindfulness	Coping Skills	TIPP
DBT Assumptions	Reasonable Mind	FREE	Intense Exercise	Crisis Survival Skills
Temperature	Comparisons	Try Harder	Taste	One thing at a time
Pushing Away	Intense Exercise	Life Worth Living Goals	Distract with Wise Mind Accepts	Encouragement

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TIPP	Participate	Vacation	Relaxation	Pros & Cons
Paced Breathing	Self Soothe with five senses	Crisis Survival Skills	Describe	Prayer
Negotiate	Distract with Wise Mind Accepts	FREE	Progressive Muscle Relaxation	Non-judgmentally
Biosocial Theory	Intense Exercise	Activities	Mindfulness	Observe
Three States of Mind	DBT Assumptions	Wise Mind	Validate	Distress Tolerance