

B	I	N	G	O
What would Marsha do?	Acceptance	4 options to problem solve	Effectively	Rational Mind
Mindfulness How Skills	DEAR MAN skill - Objectives Effectiveness	Tolerate the Problem	Observe	BPD
Prioritizing Short-Term Goals over Long-Term Goals	Strengthen Current Relationships	FREE	Build Relationships	Nonjudgmentally
Feel better about the problem	DBT Assumptions	GIVE skill - Relationship Effectiveness	Solve the problem	I LOVE DBT
Participate	Stay Miserable	FAST skill - Self-Respect Effectiveness	End Destructive Relationships	Mindfulness What Skills

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GIVE skill - Relationship Effectiveness	Emotion Mind	Build Relationships	Change	Mindfulness of Others
Mindfulness How Skills	Is this taking you to or from your goal?	BPD Awareness ACT	Strengthen Current Relationships	Building a Life Worth Living
Rational Mind	Feel better about the problem	FREE	Tolerate the Problem	BPD
What would Nat do?	Thoughts are NOT facts	Nonjudgmentally	Mindfulness What Skills	Goal of Interpersonal Effectiveness Module
DEAR MAN skill - Objectives Effectiveness	Effectively	One Mindfully	SMART Goals	Prioritizing Short-Term Goals over Long-Term Goals

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Observe	Solve the problem	Build Relationships	Change	One Mindfully
Mindfulness How Skills	DEAR MAN skill - Objectives Effectiveness	Participate	Mindfulness What Skills	Mindfulness of Others
Acceptance	Feel better about the problem	FREE	4 options to problem solve	Is this taking you to or from your goal?
Trouble Shooting Interpersonal Effectiveness	Building a Life Worth Living	Wise Mind	What would Nat say?	BPD Awareness ACT
Rational Mind	Nonjudgmentally	Dialectical Behaviour Skills Group	What would Nat do?	BPD