

DBT-BINGO

Dear Man	Distress Tolerance	Interested	See	Willingness
Assert	Effectively	Opposite to emotion action	Skillful	Treat Physical Illness
Accepting Reality	Gentle	DBT Free Space	Stick to value	WHAT Skills
Accepts	Fair	Mindfulness	Relaxation	Using Relationship Effectiveness: Give
Comparisons	Express	One thing at a time	Self-respect effectiveness: Fast	Wise Mind

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Building Mastery	Encouragement	Opposite to emotion action	Self Soothe with five senses	Turning your mind
Be mindful of current emotion	Exercise	Middle Road	Reinforce	Treat Physical Illness
Assert	Easy Manner	DBT Free Space	Stick to value	Touch
Appear Confident	How Skills	Interested	Taste	Wise Mind
Accepting Reality	Fair	One thing at a time	Sensations	Using Relationship Effectiveness: Give

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Be mindful of current emotion	How Skills	Mindfulness	Sensations	Treat Physical Illness
Analyzing Behavior	Fair	Pushing Away	Smell	WHAT Skills
Build Positive experiences	Hear	DBT Free Space	Reinforce	Vacation
Accumulate Pos. Emotions	Gentle	Non-judgmentally	Skillful	Thoughts
Appear Confident	Distress Tolerance	Negotiate	Relaxation	Validate