

DBT-BINGO

Vacation	ACCEPTS	Describe	Participate	GIVE
Check the Facts	STOP	Observe	Alternate Rebellion	Radical Acceptance
Be mindful of current emotion	Encouragement	FREE	Express	Pros Cons
FAST	PLEASE	Effectively	Interpersonal Effectiveness	Distress Tolerance
Build Mastery	Burning Bridges	Mindfulness	Cope Ahead	Opposite Action

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Validation	Problem Solving	PLEASE	Observe	Pros Cons
Build Mastery	Burning Bridges	Opposite Action	Interpersonal Effectiveness	Check the Facts
Mindfulness	Alternate Rebellion	FREE	Encouragement	ACCEPTS
GIVE	Vacation	Wise Mind	Cope Ahead	Be mindful of current emotion
Participate	DEAR MAN	Express	Describe	Effectively

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Mindfulness	Check the Facts	PLEASE	Opposite Action	DEAR MAN
Alternate Rebellion	Wise Mind	Describe	Validation	Self Soothe
Cope Ahead	Pros Cons	FREE	FAST	Participate
ACCEPTS	Burning Bridges	Interpersonal Effectiveness	Express	Emotion Regulation
Vacation	Be mindful of current emotion	Radical Acceptance	Build Mastery	STOP