

DBT-BINGO

Take five deep breaths	(5-4-3-2-1 technique	Do a 5-minute guided meditation	Practice saying "no" to something small	Listen to a favorite song
Describe your surroundings without judgment	Take a cold shower or splash cold water on your face	Name five things you can see	Ask for help when needed	Practice a body scan
Squeeze a stress ball or play with putty	Use an "I" statement in a conversation	DBT Free Space	Communicate your needs clearly	Eat a snack and focus on the taste and texture
Focus on one task at a time	Set a small boundary today	Hold an ice cube for 30 seconds	Do something creative (draw paint color)	Make a list of things that make you happy
Do a short visualization of a calm place	Compliment someone genuinely	Name the emotion you're feeling right now	Write down three things you're grateful for	Do 10 jumping jacks or another quick movement

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