

# DBT BINGO

|                 |                    |                                |                       |                                  |
|-----------------|--------------------|--------------------------------|-----------------------|----------------------------------|
| GIVE            | IMPROVE            | dialectics                     | problem<br>solving    | willingness                      |
| DEAR<br>MAN     | PLEASE             | loving<br>kindness             | radical<br>acceptance | self-soothe                      |
| "how"<br>skills | cope<br>ahead      | <b>FREE</b>                    | reasonable<br>mind    | wise<br>mind                     |
| ACCEPTS         | STOP               | interpersonal<br>effectiveness | pros &<br>cons        | walking<br>the<br>middle<br>path |
| FAST            | check<br>the facts | emotion<br>mind                | opposite<br>action    | validation                       |

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|               |                 |                             |                    |                         |
|---------------|-----------------|-----------------------------|--------------------|-------------------------|
| "what" skills | mindfulness     | emotion regulation          | reasonable mind    | willingness             |
| FAST          | check the facts | interpersonal effectiveness | opposite action    | self-soothe             |
| DEAR MAN      | PLEASE          | <b>FREE</b>                 | radical acceptance | walking the middle path |
| "how" skills  | STOP            | dialectics                  | pros & cons        | wise mind               |
| GIVE          | IMPROVE         | distress tolerance          | problem solving    | validation              |

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|                  |                    |                       |                       |                                  |
|------------------|--------------------|-----------------------|-----------------------|----------------------------------|
| DEAR<br>MAN      | IMPROVE            | emotion<br>mind       | pros &<br>cons        | self-soothe                      |
| ACCEPTS          | check<br>the facts | distress<br>tolerance | radical<br>acceptance | willingness                      |
| "what"<br>skills | mindfulness        | <b>FREE</b>           | problem<br>solving    | wise<br>mind                     |
| FAST             | PLEASE             | loving<br>kindness    | reasonable<br>mind    | validation                       |
| "how"<br>skills  | cope<br>ahead      | dialectics            | opposite<br>action    | walking<br>the<br>middle<br>path |