

DBT-BINGO

Truthful	ABC Please	Eat	Relaxation	Half smile
DearMan	Treat Physical Illness	Interpersonal Effectiveness	Apologizing	THINK skill
Validate	Appear Confident	DBT Free Space	Fair	GIVE
Stick to values	Gentle	Mindfulness	Exercise	Interested
Avoid street drugs	Sleep	Dialectical	Wise Mind	Easy-going

DBT-BINGO

Validate	Wise Mind	Apologizing	Gentle	DearMan
Relaxation	GIVE	Eat	Interested	Appear Confident
Fair	ABC Please	DBT Free Space	Exercise	Mindfulness
Easy-going	Truthful	Dialectical	Stick to values	Avoid street drugs
Half smile	FREE	THINK skill	Interpersonal Effectiveness	Treat Physical Illness

DBT-BINGO

Stick to values	Exercise	Validate	Easy-going	Relaxation
Sleep	THINK skill	Wise Mind	Gentle	Appear Confident
Mindfulness	Apologizing	DBT Free Space	Fair	Eat
FREE	Half smile	Avoid street drugs	ABC Please	Truthful
Treat Physical Illness	Interpersonal Effectiveness	GIVE	Interested	Dialectical