

# DBT-BINGO

|                                        |                    |                   |                         |                                                                                            |
|----------------------------------------|--------------------|-------------------|-------------------------|--------------------------------------------------------------------------------------------|
| Using Relationship Effectiveness: Give | Activities         | Accepting Reality | Emotions - use opposite | Self-respect effectiveness: Fast                                                           |
| Non-judgmentally                       | Describe           | Truthful          | Pushing Away            | Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor) |
| Self Soothe with five senses           | Thoughts           | <b>FREE</b>       | Vacation                | Assert                                                                                     |
| Participate                            | Improve the moment | Touch             | Dear Man                | Interpersonal Effectiveness                                                                |
| Smell                                  | Mindful            | Relaxation        | Mindfulness             | Taste                                                                                      |

# DBT-BINGO

|                                     |                                  |                                                                                                           |                                        |                              |
|-------------------------------------|----------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------|------------------------------|
| See                                 | Fair                             | Thoughts                                                                                                  | Improve<br>the<br>moment               | Express                      |
| One<br>thing at<br>a time           | Interpersonal<br>Effectiveness   | Encouragement                                                                                             | Be<br>mindful of<br>current<br>emotion | Comparisons                  |
| Opposite<br>to<br>emotion<br>action | Non-judgmentally                 | <b>FREE</b>                                                                                               | Negotiate                              | Apologies                    |
| Touch                               | Build<br>Positive<br>experiences | Sensations                                                                                                | Imagery                                | Assert                       |
| Interested                          | Truthful                         | Altering Drugs<br>(no drugs unless<br>it is medication to<br>be taken as<br>prescribed by<br>your doctor) | Vacation                               | Treat<br>Physical<br>Illness |

# DBT-BINGO

|                                                                                                           |                                     |                                        |                                |                     |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------|----------------------------------------|--------------------------------|---------------------|
| Altering Drugs<br>(no drugs unless<br>it is medication to<br>be taken as<br>prescribed by<br>your doctor) | Opposite<br>to<br>emotion<br>action | Self-respect<br>effectiveness:<br>Fast | Observe                        | Appear<br>Confident |
| Interested                                                                                                | One-mindfully                       | Touch                                  | Interpersonal<br>Effectiveness | Non-judgmentally    |
| Describe                                                                                                  | Emotions<br>- use<br>opposite       | <b>FREE</b>                            | Reinforce                      | Validate            |
| Sensations                                                                                                | See                                 | Pushing<br>Away                        | Stick to<br>value              | Assert              |
| Contributing                                                                                              | Relaxation                          | One<br>thing at<br>a time              | Activities                     | Imagery             |