

B	I	N	G	O
radical acceptance	validation	fact check	time	DBT/ACT
distress tolerance	pros and cons	redirect/change thoughts	adapting	present
coping skills	understanding reality	FREE	flexible	Wise Mind-balance the emotional and logical
emotional regulation	commitment	grounding techniques	choice	wilfulness
mindfulness	willingness	nonjudgemental	commitment	willingness

B	I	N	G	O
mindfulness	pros and cons	redirect/change thoughts	flexible	DBT/ACT
emotional regulation	understanding reality	fact check	adapting	wilfulness
coping skills	commitment	FREE	choice	present
distress tolerance	validation	nonjudgemental	time	Wise Mind-balance the emotional and logical
radical acceptance	willingness	letting go	commitment	willingness

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coping skills	validation	grounding techniques	time	Wise Mind-balance the emotional and logical
emotional regulation	pros and cons	letting go	commitment	wilfulness
radical acceptance	understanding reality	FREE	adapting	willingness
mindfulness	commitment	fact check	choice	DBT/ACT
distress tolerance	willingness	redirect/change thoughts	flexible	present