B	I	N	G	O
Self-soothing with the five senses	ACCEPTS	GIVE	Participate	Observing others
Effectively	Radical Acceptance	One-Mindfully	DEAR MAN	PLEASE MASTER
REASONABLE MIND	Willingness	**FREE**	Describe	INCREASING POSITIVE EMOTIONS
Nonjudgmentally	Pros and Cons	Observe	IMPROVE	Observing the environment
Half-smiling	EMOTION MIND	Opposite Emotions	Wise Mind	FAST

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B	I	N	G	O
Willingness	DEAR MAN	Participate	Effectively	One-Mindfully
GIVE	Wise Mind	Observing others	EMOTION MIND	PLEASE MASTER
Nonjudgmentally	Describe	**FREE**	INCREASING POSITIVE EMOTIONS	ACCEPTS
IMPROVE	Opposite Emotions	Self-soothing with the five senses	FAST	Pros and Cons
Observe	Observing the environment	REASONABLE MIND	Radical Acceptance	Half-smiling

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B	I	N	G	O
EMOTION MIND	Opposite Emotions	DEAR MAN	Observing the environment	Describe
Self-soothing with the five senses	Nonjudgmentally	Observe	Radical Acceptance	Observing others
REASONABLE MIND	FAST	**FREE**	Pros and Cons	IMPROVE
Willingness	PLEASE MASTER	Participate	Wise Mind	GIVE
INCREASING POSITIVE EMOTIONS	ACCEPTS	One-Mindfully	Effectively	Half-smiling

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