DBT-BINGO

Using Relationship Effectiveness: Give	Activities	Accepting Reality	Emotions - use opposite	Self Soothe with five senses
Non-judgmentally	Describe	Truthful	Prayer	Apologies
See	Thoughts	**FREE**	Vacation	Be mindful of current emotion
Participate	Improve the moment	Dear Man	Interpersonal Effectiveness	Smell
Mindfulness	Relaxation	Taste	Fair	Express

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One thing at a time	Interpersonal Effectiveness	Exercise	Build Positive experiences	Contributing
Opposite to emotion action	Observe	Negotiate	Assert	Touch
Comparisons	Self-respect effectiveness: Fast	**FREE**	Improve the moment	Be mindful of current emotion
Truthful	Apologies	Vacation	Treat Physical Illness	Participate
Self Soothe with five senses	Interested	Meaning	Describe	Emotions - use opposite

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Touch	Radical Acceptance	Validate	Sensations	See
Pushing Away	Smell	Be mindful of current emotion	DEAR MAN	Reinforce
Observe	Describe	**FREE**	Relaxation	One-mindfully
Activities	Improve the moment	Accepting Reality	Negotiate	Opposite to emotion action
Using Reduce Vulnerability: Please	Comparisons	eating	Willingness	Describe

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