

DBT-BINGO

Turning your mind	Accepts	Accepting Reality	Effectiveness: Give	Radical Acceptance
Mindful	Dear Man	Thoughts	One thing at a time	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)
Pushing Away	Sleep	FREE	Using Reduce Vulnerability: Please	Appear Confident
Observe	Gentle	Contributing	Imagery	Self Soothe with five senses
Interested	Participate	Sensations	Interpersonal Effectiveness	Prayer

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Exercise	Sleep	Gentle	Emotions - use opposite	Negotiate
Imagery	Emotion Regulation	Assert	Build Positive experiences	Non-judgmentally
Mindful	Meaning	FREE	Apologies	Reinforce
Hear	Treat Physical Illness	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Using Reduce Vulnerability: Please	Stick to value
Activities	Observe	Radical Acceptance	Mindfulness	Appear Confident

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Hear	Non-judgmentally	Stick to value	Improve the moment	Mindful
Dear Man	Effectiveness: Give	Opposite to emotion action	Vacation	Reinforce
Pushing Away	One-mindfully	FREE	Self Soothe with five senses	Assert
Comparisons	Prayer	Negotiate	Activities	Gentle
Accepting Reality	Meaning	Turning your mind	Be mindful of current emotion	Wise Mind