

DBT-BINGO

Vacation	Activities	Accepting Reality	Encouragement	Self-respect effectiveness: Fast
Observe	Describe	Turning your mind	Pushing Away	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)
Self Soothe with five senses	Touch	FREE	Validate	Assert
Prayer	Interested	Describe	Meaning	Taste
Negotiate	See	Thoughts	Gentle	Fair

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One-mindfully	Meaning	Express	Be mindful of current emotion	Comparisons
Participate	One thing at a time	Non-judgmentally	Appear Confident	Treat Physical Illness
Build Positive experiences	Sensations	FREE	Interested	Assert
Turning your mind	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Validate	Truthful	Prayer
Self-respect effectiveness: Fast	Interpersonal Effectiveness	Mindful	Describe	Encouragement

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Treat Physical Illness	Reinforce	Velcro Mind	Sleep	Self Soothe with five senses
Radical Acceptance	Taste	Assert	Contributing	Relaxation
One thing at a time	Describe	FREE	See	Opposite to emotion action
Activities	Interested	Accepting Reality	Non-judgmentally	Participate
Using Relationship Effectiveness: Give	Build Positive experiences	eating	Willingness	Distress Tolerance