

IG BINGO

Treat Physical Illness	Accepts	Acceptance	Emotional Mind	Self Acceptance
Non-judgmental stance	Build Positive experiences	Stuffing- your feelings	Progressive Relaxation	Assertiveness
See	Sticking- to your feelings	FREE	Vulnerability	Awareness of thoughts
Participate	How Skills	Improve the moment	Self Soothing	Mindfulness
Relaxation	Smell	No Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Express Appropriately	Imagery

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Exercise	Observe Sensations	Improve the moment	Encouragement	Be Effective
Be mindful of current emotion	PLEASE	Observe	No Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Awareness of breath
Sticking- to your feelings	Self Acceptance	FREE	How Skills	Awareness of thoughts
Stuffing- your feelings	Assertiveness	Vulnerability	Stop Look and Listen	Acting Opposite to emotion
Participate	Self Acceptance	Imagery	Interpersonal Effectiveness	Describe

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Emotions	Stop Look and Listen	Rational Mind	Vulnerability	Self Acceptance
See	Progressive Relaxation	Self Soothing	Awareness of thoughts	Biological Vulnerability
Reinforce	Observe	FREE	Build Positive experiences	Relaxation
One-mindfully	Acting Opposite to emotion	How Skills	Acceptance	Non-judgmental stance
PLEASE	Treat Physical Illness	Be Effective	Wise Mind	Willingness to change