

DBT-BINGO

Using Relationship Effectiveness: Give	Activities	Accepting Reality	Encouragement	Self-respect effectiveness: Fast
Observe	Describe	Truthful	Pushing Away	Distress Tolerance
Apologies	Self Soothe with five senses	FREE	Touch	Vacation
Be mindful of current emotion	Prayer	Interested	Meaning	Smell
Negotiate	Relaxation	Thoughts	Taste	See

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Hear	Touch	Interpersonal Effectiveness	Fair	One-mindfully
Meaning	Express	Be mindful of current emotion	Comparisons	Participate
One thing at a time	Non-judgmentally	FREE	Appear Confident	Sensations
Interested	Truthful	Apologies	Vacation	Treat Physical Illness
Activities	Prayer	Self-respect effectiveness: Fast	Assert	Mindful

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One thing at a time	Distress Tolerance	Exercise	Touch	Reinforce
Validate	Sensations	Self Soothe with five senses	Radical Acceptance	Stick to value
Be mindful of current emotion	Dear Man	FREE	See	Opposite to emotion action
Activities	Interested	Accepting Reality	Non-judgmentally	Describe
Participate	Using Reduce Vulnerability: Please	Build Positive experiences	eating	Willingness