

DBT-BINGO

Truthful	Accepting Reality	Hear	Self Soothe with five senses	One-mindfully
Emotion Regulation	Touch	Relaxation	Be mindful of current emotion	Taste
Validate	Build Positive experiences	FREE	Prayer	Non-judgmentally
Effectively	Observe	Smell	One thing at a time	See
Stick to value	Mindfulness	Imagery	Participate	Describe

DBT-BINGO

Prayer	One-mindfully	Build Positive experiences	Taste	Describe
Smell	Non-judgmentally	Observe	Touch	Be mindful of current emotion
Validate	Self Soothe with five senses	FREE	Participate	Emotion Regulation
Hear	Relaxation	Stick to value	Effectively	See
Accepting Reality	Truthful	Wise Mind	Encouragement	Imagery

DBT-BINGO

Prayer	Emotion Regulation	See	Encouragement	Be mindful of current emotion
Accepting Reality	Wise Mind	Hear	Validate	Effectively
Touch	Stick to value	FREE	One thing at a time	Self Soothe with five senses
Describe	Participate	Observe	Non-judgmentally	Build Positive experiences
Taste	One-mindfully	Imagery	Relaxation	Truthful