

DBT-BINGO

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

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Validate	Sleep	Self-respect effectiveness:	Self Soothe with five senses	Smell
Build Positive experiences	Effectively	Prayer	Emotion Regulation	Relaxation
Be mindful of current emotion	Observe	FREE	Accepting Reality	Participate
Truthful	Describe	Wise Mind	Sensations	See
Hear	One thing at a time	One-mindfully	Non-judgmentally	Touch

DBT-BINGO

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