DBT-BINGO

Using Relationship Effectiveness: Give	Activities	Accepting Reality	Emotions - use opposite	Self Soothe with five senses
Non-judgmentally	Describe	Truthful	Prayer	Altering Drugs (no drugs unless it is medication to be taken
See	Thoughts	**FREE**	Vacation	Assert
Participate	Improve the moment	Dear Man	Interpersonal Effectiveness	Smell
Mindfulness	Relaxation	Taste	Fair	Express

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One thing at a time	Interpersonal Effectiveness	Exercise	Be mindful of current emotion	Comparisons
Opposite to emotion action	Observe	Negotiate	Appear Confident	Touch
Build Positive experiences	Self-respect effectiveness: Fast	**FREE**	Improve the moment	Assert
Truthful	Altering Drugs (no drugs unless it is medication to be taken	Vacation	Treat Physical Illness	Participate
Self Soothe with five senses	Interested	Meaning	Describe	Emotions - use opposite

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Touch	Radical Acceptance	Validate	Sensations	See
Pushing Away	Smell	Assert	Contributing	Reinforce
Observe	Describe	**FREE**	Relaxation	One-mindfully
Activities	Improve the moment	Accepting Reality	Negotiate	Opposite to emotion action
Using Reduce Vulnerability: Please	Build Positive experiences	eating	Willingness	Describe

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