B	I	N	G	O
Using Relationship Effectiveness: Give	Activities	Accepting Reality	Encouragement	Self Soothe with five senses
Non-judgmentally	Describe	Truthful	Prayer	Apologies
See	Thoughts	**FREE**	Vacation	Be mindful of current emotion
Participate	Interested	Describe	Meaning	Smell
Mindfulness	Relaxation	Taste	Gentle	Fair

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B	I	N	G	O
One thing at a time	Meaning	Express	Build Positive experiences	Contributing
Opposite to emotion action	Observe	Negotiate	Assert	Touch
Comparisons	Self-respect effectiveness: Fast	**FREE**	Interested	Be mindful of current emotion
Truthful	Apologies	Vacation	Treat Physical Illness	Participate
Self Soothe with five senses	Interpersonal Effectiveness	Medication	Describe	Encouragement

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B	I	N	G	O
Touch	Radical Acceptance	Validate	Sensations	See
Pushing Away	Smell	Be mindful of current emotion	Dear Man	Reinforce
Observe	Describe	**FREE**	Relaxation	One-mindfully
Activities	Interested	Accepting Reality	Negotiate	Opposite to emotion action
Using Reduce Vulnerability: Please	Comparisons	eating	Willingness	Distress Tolerance

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