

DBT-BINGO

Validate	Act Interested	Express	Rational Mind	Mindfulness
Dialectics	THINK	Observe	Be Fair	Stick to Values
What Skills	Be Gentle	FREE	Notice	Getting What You Want
Describe	How Skills	Self-Invalidate	Keeping the Relationship	Participate
Self-Respect	GIVE	FAST	No Apologies	DEAR MAN

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Notice	Mindfulness	Be Gentle	Stick to Values	DEAR MAN
Self-Invalidate	Getting What You Want	How Skills	THINK	Be Fair
What Skills	Rational Mind	FREE	No Apologies	Dialectics
Express	Observe	Self-Respect	Describe	Participate
Act Interested	Validate	Wise Mind	Emotional Mind	FAST

DBT-BINGO

Notice	Dialectics	Participate	Emotional Mind	Be Fair
Act Interested	Wise Mind	Express	What Skills	Describe
THINK	Self-Respect	FREE	Keeping the Relationship	Rational Mind
DEAR MAN	No Apologies	How Skills	Getting What You Want	Be Gentle
Stick to Values	Mindfulness	FAST	Observe	Validate