

B	I	N	G	O
Treat Physical Illness	ACCEPTS: Comparisons	ACCEPTS: Activities	MINDFULNESS: Describe	Self Soothe: Touch
Opposite to emotion action	Imagery	Took Medication every day	Relaxation	ACCEPTS: Contribute
Self Soothe: Taste	Told the truth	FREE	Turning your mind	Body Scan
Radical Acceptance	Mindfulness of Thoughts	Mindfulness: Nonjudgemental stance	Sensations	One thing at a time
Self Sooth: Taste	Smell	Made a Wise Mind decision	MINDFULNESS:Participate	Prayer

B	I	N	G	O
Mindfulness: Nonjudgemental stance	MINDFULNESS: Effectively	Body Scan	Encouragement	Pushing Away
Opposite to emotion action	One-mindfully	Ate 4 Balanced Meals	Told the truth	Dear Man
Self-respect effectiveness: Fast	Mindfulness of Thoughts	FREE	Took Opposite Action	ACCPETS: Contribute
Turning your mind	Took Medication every day	Radical Acceptance	Self Soothe: Touch	Prayer
Mindfulness: Observe	Imagery	MINDFULENSS: Describe	SELF SOOTHE: Sound	Vacation

B	I	N	G	O
Self-respect effectiveness: Fast	Self Soothe: Taste	Relaxation	Sleep (7-9 hours nightly)	Body Scan
Exercise	SELF SOOTHE: Sound	Opposite to emotion action	Imagery	Self Sooth: Taste
Pushing Away	ACCEPTS: Comparisons	FREE	Mindful eating	ACCEPTS: Activities
One-mindfully	Treat Physical Illness	Dear Man	Willing Hands & Half Smile	Validated Self
Improve the moment	Vacation	Ate 4 Balanced Meals	Self Soothe: Touch	Interpersonal Effectiveness