DBT-BINGO

Turning your mind	Activities	Accepting Reality	Emotion Regulation	See
Negotiate	Dear Man	Touch	Participate	Describe
Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Relaxation	**FREE**	Taste	Using Reduce Vulnerability: Please
Assert	Opposite to emotion action	Imagery	Interested	Sensations
Mindful	Radical Acceptance	Stick to value	Smell	Reinforce

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DBT-BINGO

Fair	Taste	Improve the moment	Exercise	Observe
Interested	Encouragement	Assert	Build Positive experiences	One-mindfully
Non-judgmentally	Mindfulness	**FREE**	Apologies	Self Soothe with five senses
Imagery	Touch	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Using Reduce Vulnerability: Please	Thoughts
Activities	Opposite to emotion action	See	Appear Confident	Interpersonal Effectiveness

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Non-judgmentally	Describe	Emotions - use opposite	Taste	Pushing Away
Using Relationship Effectiveness: Give	Self Soothe with five senses	Relaxation	Prayer	Sleep
Assert	Contributing	**FREE**	Reinforce	One thing at a time
Activities	Imagery	Accepting Reality	Mindfulness	Dear Man
One-mindfully	Truthful	Be mindful of current emotion	Willingnessle	Vacation

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