

# DBT-BINGO

|                                        |                             |                   |                    |                                                                                            |
|----------------------------------------|-----------------------------|-------------------|--------------------|--------------------------------------------------------------------------------------------|
| Using Relationship Effectiveness: Give | Activities                  | Accepting Reality | Encouragement      | Sensations                                                                                 |
| One thing at a time                    | Describe                    | Turning your mind | Radical Acceptance | Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor) |
| Self-respect effectiveness: Fast       | Touch                       | <b>FREE</b>       | Validate           | Assert                                                                                     |
| Pushing Away                           | Interpersonal Effectiveness | Describe          | Mindful            | Smell                                                                                      |
| Negotiate                              | See                         | Thoughts          | Non-judgmentally   | Hear                                                                                       |

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|            |                               |              |                            |                                                                                            |
|------------|-------------------------------|--------------|----------------------------|--------------------------------------------------------------------------------------------|
| Touch      | Interpersonal Effectiveness   | Fair         | Opposite to emotion action | Mindful                                                                                    |
| Express    | Be mindful of current emotion | Comparisons  | Prayer                     | One thing at a time                                                                        |
| Observe    | Appear Confident              | <b>FREE</b>  | Build Positive experiences | Shame                                                                                      |
| Interested | Assert                        | Meaning      | Turning your mind          | Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor) |
| Validate   | Treat Physical Illness        | Pushing Away | Sensations                 | One-mindfully                                                                              |

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|                           |                                        |             |                                       |                                     |
|---------------------------|----------------------------------------|-------------|---------------------------------------|-------------------------------------|
| Appear<br>Confident       | Meaning                                | Prayer      | Treat<br>Physical<br>Illness          | Mindful                             |
| One<br>thing at<br>a time | Distress<br>Tolerance                  | Exercise    | Relaxation                            | Velcro<br>Mind                      |
| Sleep                     | Self-respect<br>effectiveness:<br>Fast | <b>FREE</b> | Radical<br>Acceptance                 | Taste                               |
| Assert                    | Contributing                           | Describe    | Self<br>Soothe<br>with five<br>senses | Opposite<br>to<br>emotion<br>action |
| Participate               | Activities                             | Interested  | Accepting<br>Reality                  | Observe                             |