DBT-BINGO

Turning your mind	Accepts	Accepting Reality	Emotions - use opposite	See
Non-judgmentally	Contributing	Touch	Pushing Away	Altering Drugs (no drugs unless it is medication to be taken
Taste	Vacation	**FREE**	Appear Confident	Prayer
Interested	Comparisons	Meaning	Sleep	Mindfulness
Reinforce	Negotiate	Stick to value	Relaxation	Express

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DBT-BINGO

Taste	Interested	Exercise	One thing at a time	Meaning
Encouragement	Appear Confident	Be mindful of current emotion	Opposite to emotion action	Observe
Negotiate	Apologies	**FREE**	Self Soothe with five senses	Improve the moment
Touch	Altering Drugs (no drugs unless it is medication to be taken	Vacation	Thoughts	Activities
Mindful	Contributing	Emotions - use opposite	Radical Acceptance	Sensations

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DBT-BINGO

Relaxation	Pushing Away	Smell	Appear Confident	Build Positive experiences
Radical Acceptance	Observe	Contributing	Reinforce	One-mindfully
Activities	Improve the moment	**FREE**	Accepting Reality	Non-judgmentally
Opposite to emotion action	Truthful	Assert	Wise Mind	Willingness
Describe	Validate	Apologies	Self Soothe with five senses	Prayer

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