

DBT-BINGO

Using Relationship Effectiveness: Give	Activities	Accepting Reality	Exercise	Sensations
Non-judgmentally	Describe	Truthful	Radical Acceptance	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)
Self-respect effectiveness: Fast	Touch	DBT Free Space	Validate	Assert
Participate	Improve the moment	Interpersonal Effectiveness	Smell	Mindfulness
See	Thoughts	Taste	Self Soothe with five senses	Gentle

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Touch	Improve the moment	Fair	One thing at a time	Interpersonal Effectiveness
Express	Be mindful of current emotion	Comparisons	Opposite to emotion action	Observe
Negotiate	Appear Confident	DBT Free Space	Build Positive experiences	Skillful
Assert	Interested	Turning your mind	Apologies	Validate
Treat Physical Illness	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Participate	Sensations	Meaning

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Observe	Distress Tolerance	Exercise	Treat Physical Illness	Reinforce
Willingness	Skillful	Self-respect effectiveness: Fast	Radical Acceptance	Stick to value
Be mindful of current emotion	Contributing	DBT Free Space	Relaxation	See
One-mindfully	Activities	Imagery	Accepting Reality	Negotiate
Describe	Opposite to emotion action	Using Relationship Effectiveness: Give	Build Positive experiences	please master