

DBT-BINGO

Using Reduce Vulnerability: Please	Accepts	Accept Reality	Emotions - use opposite	Relaxation
Just the Facts	Contributing	Treat Physical Illness	One-mindfully	Activities
Reasonable Mind	TIP Skills	DBT Free Space	Reinforce	Validate
Appear Confident	Observe Skills	Gentle	Taste	Comparisons
Imagery	Self-respect effectiveness:	Interested	Pushing Away	Survive Crisis Situation

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Interested	Stick to value	Reasonable Mind	Fair	TIP Skills
Gentle	FAST	Mindful	Imagery	Exercise
Assert	Being Skillful	DBT Free Space	Non-judgmental	Meaning
Invalidating	Addict Mind	Taste	Be mindful of current	STOP Skill
General Goals of DBT	Appear Confident	How Skills	Treat Physical Illness	Activities

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Validate	Thoughts	Acting Opposite	Observe Skills	Relaxation
Mindful	Analyzing Behavior	Hear	Non-judgmental	Taste
Imagery	Meaning	DBT Free Space	DEAR MAN	Emotions - use opposite
PLEASE MASTER	Values	See	Reasonable Mind	One-mindfully
Sleep	Assert	Building Mastery	Participate	Pushing Away