B	I	N	G	O
willingness	"what" skills	"how" skills	an example of a dialectic	reasonable mind
interpersonal effectiveness	IMPROVE	validation	problem-solving	ACCEPTS
radical acceptance	urge surfing	Queen Marsha	wise mind	DBT stands for...
problem solving	dialectics	GIVE	distress tolerance	the core dialectic in DBT is ___& ___
emotion regulation	pros & cons	the dime game	cope ahead	check the facts

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B	I	N	G	O
loving kindness	distress tolerance	chain analysis	DEAR MAN	FAST
opposite action	interpersonal effectiveness	emotion regulation	ACCEPTS	urge surfing
self-soothe	dialectics	Queen Marsha	DBT stands for...	walking the middle path
wise mind	validation	"what" skills	problem solving	reasonable mind
IMPROVE	an example of a dialectic	pros & cons	radical acceptance	problem-solving

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B	I	N	G	O
the core dialectic in DBT is ___& ___	DBT stands for...	FAST	pros & cons	interpersonal effectiveness
IMPROVE	radical acceptance	opposite action	"what" skills	dialectics
"how" skills	emotion regulation	Queen Marsha	willingness	DEAR MAN
your favorite skill	your favorite module	reasonable mind	problem solving	STOP
wise mind	ACCEPTS	distress tolerance	an example of a dialectic	check the facts

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