B	I	N	G	O
What would Marsha do?	Acceptance	4 options to problem solve	Effectively	Rational Mind
Mindfulness How Skills	DEAR MAN skill - Objectives Effectiveness	Tolerate the Problem	Observe	BPD
Prioritizing Short-Term Goals over Long-Term Goals	Strengthen Current Relationships	Build Relationships	Nonjudgmentally	Feel better about the problem
DBT Assumptions	GIVE skill - Relationship Effectiveness	Solve the problem	I LOVE DBT	Participate
Stay Miserable	FAST skill - Self-Respect Effectiveness	End Destructive Relationships	Mindfulness What Skills	Emotion Mind

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B	I	N	G	O
Build Relationships	Change	Mindfulness of Others	Mindfulness How Skills	Is this taking you to or from your goal?
BPD Awareness ACT	Strengthen Current Relationships	Building a Life Worth Living	Rational Mind	Feel better about the problem
GIVE skill - Relationship Effectiveness	Tolerate the Problem	BPD	What would Nat do?	Thoughts are NOT facts
Nonjudgmentally	Mindfulness What Skills	Goal of Interpersonal Effectiveness Module	DEAR MAN skill - Objectives Effectiveness	Effectively
One Mindfully	SMART Goals	Prioritizing Short-Term Goals over Long-Term Goals	Observe	Solve the problem

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B	I	N	G	O
Build Relationships	Change	One Mindfully	Mindfulness How Skills	DEAR MAN skill - Objectives Effectiveness
Participate	Mindfulness What Skills	Mindfulness of Others	Acceptance	Feel better about the problem
4 options to problem solve	Is this taking you to or from your goal?	Trouble Shooting Interpersonal Effectiveness	Building a Life Worth Living	Wise Mind
What would Nat say?	BPD Awareness ACT	Rational Mind	Nonjudgmentally	Dialectical Behaviour Skills Group
What would Nat do?	BPD	What would Marsha do?	Prioritizing Short-Term Goals over Long-Term Goals	GIVE skill - Relationship Effectiveness

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