

B	I	N	G	O
What would Marsha do?	Acceptance AND Change	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	What would Nat do?	Build Relationships	Nonjudgmentally
GIVE skill - Relationship Effectiveness	Goal of Interpersonal Effectiveness Module	Solve the problem	Is this taking you to or from your goal?	Participate
Stay Miserable	FAST skill - Self-Respect Effectiveness	End Destructive Relationships	Mindfulness What Skills	Emotion Mind

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

B	I	N	G	O
Mindfulness How Skills	Describe	Participate	Mindfulness of Others	Acceptance AND Change
Feel better about the problem	4 options to problem solve	Is this taking you to or from your goal?	DEAR MAN skill - Objectives Effectiveness	Nonjudgmentally
Trouble Shooting Interpersonal Effectiveness	Building a Life Worth Living	Wise Mind	What would Nat say?	BPD Awareness ACT
Rational Mind	Observe	Drive Mini before Freight Train	What would Nat do?	BPD
What would Marsha do?	DBT Assumptions	Prioritizing Short-Term Goals over Long-Term Goals	Goal of Interpersonal Effectiveness Module	Effectively