

B	I	N	G	O
Tolerate the Problem	A Life Worth Living has Pain	4 options to problem solve	Dialectical Behaviour Skills Group	Punishment
Mindfulness What Skills	Change EITHER/OR to BOTH/AND	Strangers	Opposite sides and Opposing forces	Aquantinances
Pros and Cons for Problem Solving	Shaping	FREE	Two opposites can be true at the same time	BPD Awareness ACT
One Mindfully	Friendships	Solve the problem	CHANGE IS TRANSACTIONAL	Intellectual boundaries
SELF VALIDATION	Intimate Relationships	Physical boundaries	Material boundaries	Satiation

B	I	N	G	O
Pros and Cons for Problem Solving	Exchange Relationships	Solve the problem	Friendships	Emotional boundaries
Natural Consequences	Intellectual boundaries	Emotion Mind	Balance Acceptance AND Change	Behaviour bursts
Observe	Mindfulness What Skills	FREE	Mindfulness How Skills	BPD
Behaviour Change Skills	Rational Mind	BPD Awareness ACT	Strangers	Aquaintances
Two opposites can be true at the same time	Stay Miserable	All points of view have both true and false within them	One Mindfully	Punishment

B	I	N	G	O
Natural Consequences	BPD	Healthy Boundaries	Observe	Solve the problem
Intermittent Reinforcement	Mindfulness What Skills	Change EITHER/OR to BOTH/AND	Dialectical Behaviour Skills Group	Participation Relationships
VALIDATION	Reinforcement	FREE	Pros and Cons for Problem Solving	Opposite sides and Opposing forces
SMART Goals	Balance Acceptance AND Change	CHANGE IS THE ONLY CONSTANT	Physical boundaries	Nonjudgmentally
All points of view have both true and false within them	Friendships	4 options to problem solve	Mindfulness How Skills	CHANGE IS TRANSACTIONAL