

DBT-BINGO

Using Relationship Effectiveness: Give	Activities	Accepting Reality	Emotions - use opposite	STOP skill
Non-judgmentally	Describe	Touch	Participate	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)
Relaxation	Stick to value	DBT Free Space	Vacation	Assert
PLEASE Master	Improve the moment	Dear Man	Interpersonal Effectiveness	Sensations
Mindfulness	Reinforce	Smell	Fair	Express

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One thing at a time	Interpersonal Effectiveness	Exercise	Be mindful of current emotion	Comparisons
Opposite to emotion action	Observe	Negotiate	Appear Confident	Taste
Build Positive experiences	See	DBT Free Space	Improve the moment	Assert
Touch	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Vacation	Thoughts	PLEASE Master
STOP skill	Interested	Meaning	Describe	Emotions - use opposite

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Taste	Pushing Away	Validate	Self Soothe with five senses	Relaxation
Prayer	Sensations	Assert	Contributing	Radical Acceptance
Observe	Describe	DBT Free Space	Reinforce	One-mindfully
Activities	Improve the moment	Accepting Reality	Negotiate	Opposite to emotion action
Truthful	Build Positive experiences	eating	Willingness	Describe