

DBT-BINGO

Take a Step Back	Achieve MASTERY	Focus on the breath	Proceed Mindfully	Non-judgmentally
Be mindful of current emotion	STOP	One thing at a time	Avoid Mood Altering Drugs	Prayer
Relaxation	Treat Physical Illness	DBT Free Space	Balanced Eating	Give
Mastery Activities	Reasonable Mind	Mindfulness	Get Exercise	Observe
Focus on the present moment	Balanced Sleep	PLEASE Master	Wise Mind	Emotional Mind

DBT-BINGO

Treat Physical Illness	Avoid Mood Altering Drugs	Proceed Mindfully	Be mindful of current emotion	One thing at a time
Focus on the breath	Wise Mind	Non-judgmentally	Balanced Sleep	Prayer
Mastery Activities	Balanced Eating	DBT Free Space	Give	Achieve MASTERY
Get Exercise	PLEASE Master	Take a Step Back	Emotional Mind	Reasonable Mind
Mindfulness	Observe	Relaxation	STOP	Focus on the present moment

DBT-BINGO

Balanced Sleep	PLEASE Master	Avoid Mood Altering Drugs	Observe	Balanced Eating
Take a Step Back	Mastery Activities	Mindfulness	STOP	Non-judgmentally
Relaxation	Emotional Mind	DBT Free Space	Reasonable Mind	Get Exercise
Treat Physical Illness	Prayer	Proceed Mindfully	Wise Mind	Focus on the breath
Give	Achieve MASTERY	One thing at a time	Be mindful of current emotion	Focus on the present moment