DBT-BINGO

Turning your mind	Activities/Actividades	Accepts with Distract	Envy	Please
Meaning	Doing Mind	Smell	Non-judgmentally	Appear Confident
Participate	Self Soothe with five senses	Thursday Group BINGO	Vacation	Comparisons
Negotiate	Ice dive	Self-respect effectiveness: Fast	Describe/Describir	Improve the moment
Reinforce	Intermittent reinforcement	Opposite action	Interpersonal Effectiveness	Sadness/Triste

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Opposite to emotion action	Fair	Self Soothe with five senses	Ice dive	FAST
Mindful of current emotion	Improve the moment	Exercise	Contributing	Deep Breathe
Mindfulness of current thought	Meaning	Thursday Group BINGO	Jealousy	Assert
Self-respect effectiveness: Fast	Dear Man	Prayer/Rezar	Half Smile	Comparisons
Imagery	Smell	Appear Confident	Vacation	Sleep

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DBT-BINGO

Appear Confident	Mindfulness of current thought	Please	Mindful	Build Positive experiences
Imagery	Mindfulness	Self-respect effectiveness: Fast	Improve the moment	Meaning
Doing Mind	Envy	Thursday Group BINGO	One-mindfully	Validate
Prayer/Rezar	Opposite to emotion action	Non-judgmentally	Relaxation	Comparisons
Describe	Opposite action	Mindful of current emotion	Activities/Actividades	Half Smile

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