

DBT-BINGO

What is the emotion you feel right now?	How did you come back?	Notice 3 yellow things you see	Notice the texture of the grass	Notice one dog
Notice 3 different types of flowers	Take three deep breaths	Notice the breeze on your face	How has your mood shifted?	Notice the different textures of the path.
Notice where your mind is right now	What just distracted you?	FREE	Notice 1 thing you taste	Notice 4 things you hear
Notice 5 blue things you see	Notice two things you smell	Notice 5 different trees	Notice 4 green things you see	Notice the bottom of your feet.
Notice 4 birds	Notice 2 orange things you see	Notice the depth of your breath right now.	Where are your thoughts right now? Notice three people out walking	Notice 3 things you feel

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What just distracted you?	How has your mood shifted?	Notice the texture of the grass	Notice 3 different types of flowers	Notice the breeze on your face
Notice 3 yellow things you see	Where are your thoughts right now? Notice three people out walking	Notice one dog	Notice 2 orange things you see	Notice the different textures of the path.
Notice 5 blue things you see	Notice 1 thing you taste	FREE	Notice 4 things you hear	How did you come back?
Notice 4 green things you see	Notice the depth of your breath right now.	What is the emotion you feel right now?	Notice 3 things you feel	Notice two things you smell
Notice 5 different trees	Notice the bottom of your feet.	Notice where your mind is right now	Take three deep breaths	Notice 4 birds

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Notice 2 orange things you see	Notice the depth of your breath right now.	How has your mood shifted?	Notice the bottom of your feet.	Notice 1 thing you taste
What is the emotion you feel right now?	Notice 5 blue things you see	Notice 5 different trees	Take three deep breaths	Notice one dog
Notice where your mind is right now	Notice 3 things you feel	FREE	Notice two things you smell	Notice 4 green things you see
What just distracted you?	Notice the different textures of the path.	Notice the texture of the grass	Where are your thoughts right now? Notice three people out walking	Notice 3 yellow things you see
Notice 4 things you hear	How did you come back?	Notice the breeze on your face	Notice 3 different types of flowers	Notice 4 birds