

DBT-BINGO

Using Reduce Vulnerability: Please	Activities	Accepting Reality	Emotion Regulation	See
Negotiate	Describe	Treat Physical Illness	Participate	Altering Drugs
Relaxation	Taste	FREE	Using Relationship Effectiveness: Give	Assert
Opposite to emotion action	Imagery	Dear Man	Interested	Sleep
Mindful	Reinforce	Stick to value	Express	Exercise

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Observe	Interested	Encouragement	Be mindful of current emotion	Comparisons
One-mindfully	Non-judgmentally	Mindfulness	Appear Confident	Thoughts
Build Positive experiences	Self Soothe with five senses	FREE	Imagery	Assert
Treat Physical Illness	Altering Drugs	Using Relationship Effectiveness: Give	Touch	Opposite to emotion action
See	Improve the moment	Interpersonal Effectiveness	Describe	Emotion Regulation

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Thoughts	Pushing Away	Vacation	Self-respect effectiveness: Fast	Relaxation
Prayer	Sleep	Assert	Contributing	Radical Acceptance
Non-judgmentally	Describe	FREE	Reinforce	One thing at a time
Activities	Imagery	Accepting Reality	Mindfulness	One-mindfully
Turning your mind	Build Positive experiences	Wise Mind	Validate	Describe