

DBT-BINGO

Using Relationship Effectiveness: Give	Activities	Accepting Reality	Encouragement	Self-respect effectiveness: Fast
Observe	Describe	Truthful	Pushing Away	Apologies
Self Soothe with five senses	Thoughts	FREE	Vacation	Be mindful of current emotion
Prayer	Interested	Touch	Describe	Meaning
Smell	Mindfulness	Relaxation	Negotiate	Taste

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See	Gentle	Thoughts	Interested	Fair
One-mindfully	Meaning	Exercise	Build Positive experiences	Contributing
Participate	Observe	FREE	Non-judgmentally	Appear Confident
Touch	Comparisons	Sensations	Improve the moment	Be mindful of current emotion
Interpersonal Effectiveness	Truthful	Apologies	Vacation	Treat Physical Illness

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Apologies	Participate	Self-respect effectiveness: Fast	One thing at a time	Assert
Interpersonal Effectiveness	Opposite to emotion action	Touch	Meaning	Observe
Describe	Encouragement	FREE	Reinforce	Validate
Sensations	See	Pushing Away	Stick to value	Be mindful of current emotion
Dear Man	Relaxation	One-mindfully	Activities	Improve the moment