

DBT-BINGO

Using Reduce Vulnerability: Please	Activities	Accepting Reality	Emotions - use opposite	Self Soothe with five senses
Non-judgmentally	Describe	Treat Physical Illness	Prayer	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)
See	Taste	FREE	Using Relationship Effectiveness: Give	Assert
Participate	Improve the moment	Thoughts	Dear Man	Interpersonal Effectiveness
Sleep	Mindful	Reinforce	Mindfulness	Stick to value

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Relaxation	Fair	Taste	Improve the moment	Express
One thing at a time	Interpersonal Effectiveness	Encouragement	Be mindful of current emotion	Comparisons
Opposite to emotion action	Non-judgmentally	FREE	Negotiate	Apologies
Thoughts	Build Positive experiences	Self-respect effectiveness: Fast	Imagery	Assert
Interested	Treat Physical Illness	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Using Relationship Effectiveness: Give	Touch

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Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Opposite to emotion action	Self Soothe with five senses	Observe	Appear Confident
Interested	One-mindfully	Thoughts	Interpersonal Effectiveness	Non-judgmentally
Describe	Emotions - use opposite	FREE	Radical Acceptance	Vacation
Self-respect effectiveness: Fast	Relaxation	Prayer	Smell	Assert
Contributing	Reinforce	One thing at a time	Activities	Imagery