

DBT-BINGO

Using Reduce Vulnerability: Please	Accepts	Accepting Reality	Express	Self-respect effectiveness: Fast
One-mindfully	Describe	Treat Physical Illness	Radical Acceptance	Appear Confident
Self Soothe with five senses	Thoughts	FREE	Using Relationship Effectiveness: Give	Be mindful of current emotion
Pushing Away	Interpersonal Effectiveness	Mindfulness	Smell	Non-judgmentally
Ride the wave	Taste	Stick to value	See	Imagery

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Thoughts	Interpersonal Effectiveness	Gentle	Participate	Mindfulness
Fair	Build Positive experiences	Contributing	Pushing Away	One-mindfully
Observe	Assert	FREE	Comparisons	Self-respect effectiveness: Fast
Be mindful of current emotion	Meaning	Treat Physical Illness	Appear Confident	Vacation
Touch	Apologies	Opposite to emotion action	Prayer	Distress Tolerance

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Express	Thoughts	Relaxation	Vacation	Sensations
Self Soothe with five senses	Reinforce	Smell	Be mindful of current emotion	Dear Man
Opposite to emotion action	Distress Tolerance	FREE	Ride the wave	Participate
Prayer	Apologies	Interested	Accepting Reality	Observe
Describe	Using Reduce Vulnerability: Please	Comparisons	Wise Mind	Willingness