

B	I	N	G	O
Turning your mind	Accepts with Distract	Accepting Reality	Envy	Please
Mindful of current emotion	Doing Mind	Smell	One-mindfully	Appear Confident
Activities	Participate	FREE	Self-respect effectiveness: Fast	Vacation
Build Positive experiences	Non-judgmentally	Improve the moment	Intermittent reinforcement	Reinforce
Jealousy	Participate	Self Soothe with five senses	Meaning	Sadness

B	I	N	G	O
Participate	Gentle	Self-respect effectiveness: Fast	Improve the moment	Fair
Mindfulness of current thought	Intermittent reinforcement	Express	Comparisons	Dear Man
Non-judgmentally	Mindful of current emotion	FREE	Mindful	Assert
Prayer	Intense exercise	Smell	Appear Confident	Vacation
Sleep	Activities	Please	Mindfulness	Build Positive experiences

B	I	N	G	O
Intense exercis e	Negotiate	Sleep	Interpersonal Effectiveness	Mindful of current emotion
Easy Manner	Envy	Opposite action	Validate	Radical Acceptance
Participate	One-mindfully	FREE	Relaxation	Comparisons
Describe	Opposite to emotion action	Participate	Mindfulness of current thought	Activities
Imagery	Accepting Reality	Mindful	Doing Mind	Treat Physical Illness