DBT-BINGO

Using Reduce Vulnerability: Please	Activities	Accepting Reality	Emotion Regulation	See
Negotiate	Describe	Treat Physical Illness	Participate	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)
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 (no drugs unless it is medication to be taken as prescribed by your doctor)	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

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