

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	Using Relationship Effectiveness: Give	Assert	Opposite to emotion action
Imagery	Dear Man	Interested	Sleep	Mindful
Reinforce	Stick to value	Express	Exercise	Observe

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Interested	Encouragement	Be mindful of current emotion	Comparisons	One-mindfully
Non-judgmentally	Mindfulness	Appear Confident	Thoughts	Build Positive experiences
Self Soothe with five senses	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	Observe
Improve the moment	Interpersonal Effectiveness	Describe	Emotion Regulation	Pushing Away

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Vacation	Self-respect effectiveness: Fast	Relaxation	Prayer	Sleep
Assert	Contributing	Radical Acceptance	Non-judgmentally	Describe
Reinforce	One thing at a time	Activities	Imagery	Accepting Reality
Mindfulness	One-mindfully	Turning your mind	Build Positive experiences	Wise Mind
Validate	Describe	Appear Confident	Self Soothe with five senses	Participate