

DBT BINGO

willingness	"what" skills	"how" skills	an example of a dialectic	reasonable mind
interpersonal effectiveness	IMPROVE	validation	problem-solving	ACCEPTS
radical acceptance	urge surfing	wise mind	DBT stands for...	problem solving
dialectics	GIVE	distress tolerance	the core dialectic in DBT is ____ & ____	emotion regulation
pros & cons	the dime game	cope ahead	check the facts	loving kindness

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distress tolerance	chain analysis	DEAR MAN	FAST	opposite action
interpersonal effectiveness	emotion regulation	ACCEPTS	urge surfing	self-soothe
dialectics	DBT stands for...	walking the middle path	wise mind	validation
"what" skills	problem solving	reasonable mind	loving kindness	IMPROVE
an example of a dialectic	pros & cons	radical acceptance	problem-solving	the core dialectic in DBT is ____ & ____

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DBT stands for...	FAST	pros & cons	interpersonal effectiveness	IMPROVE
radical acceptance	opposite action	"what" skills	dialectics	"how" skills
emotion regulation	willingness	DEAR MAN	your favorite skill	your favorite module
reasonable mind	problem solving	STOP	wise mind	ACCEPTS
distress tolerance	an example of a dialectic	check the facts	GIVE	walking the middle path