

DBT BINGO

walking the middle path	"how" skills	STOP	pros & cons	emotion mind
GIVE	urge surfing	loving kindness	"what" skills	self-soothe
ACCEPTS	core mindfulness	dialectics	reasonable mind	distress tolerance
problem solving	check the facts	emotion regulation	chain analysis	DEAR MAN
FAST	interpersonal effectiveness	IMPROVE	opposite action	willingness

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radical acceptance	problem solving	loving kindness	reasonable mind	DEAR MAN
FAST	opposite action	emotion regulation	GIVE	interpersonal effectiveness
"what" skills	core mindfulness	"how" skills	emotion mind	walking the middle path
wise mind	willingness	IMPROVE	ACCEPTS	pros & cons
PLEASE	dialectics	STOP	check the facts	validation

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IMPROVE	reasonable mind	distress tolerance	pros & cons	"how" skills
willingness	STOP	FAST	emotion regulation	dialectics
cope ahead	walking the middle path	ACCEPTS	self-soothe	"what" skills
DEAR MAN	PLEASE	urge surfing	core mindfulness	emotion mind
problem solving	GIVE	chain analysis	opposite action	interpersonal effectiveness