

# DBT-BINGO

|                     |                 |                   |                             |                       |
|---------------------|-----------------|-------------------|-----------------------------|-----------------------|
| Support             | Body Scan       | Assertiveness     | Emotion Regulation          | Relationships         |
| Opposite Action     | DEAR MAN        | Senses            | Present Moment              | Self-Soothing         |
| Turning the Mind    | Communication   | Positive Emotions | Interpersonal Effectiveness | Mindfulness           |
| Safety Card         | Non-judgemental | Reasoning Mind    | Self-Awareness              | Focus on the Positive |
| Physical Sensations | Emotional Mind  | Coping Skills     | Building Mastery            | Roadmap               |

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|                             |                |                 |                   |                    |
|-----------------------------|----------------|-----------------|-------------------|--------------------|
| Interpersonal Effectiveness | Communication  | Mindfulness     | Senses            | Building Mastery   |
| Turning the Mind            | Self-Soothing  | Body Scan       | Positive Emotions | Relationships      |
| Physical Sensations         | Motivation     | Opposite Action | DEAR MAN          | Emotion Regulation |
| Radical Acceptance          | Willingness    | Roadmap         | Present Moment    | Safety Card        |
| Crisis Survival Kit         | Reasoning Mind | Assertiveness   | Non-judgemental   | Support            |

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|                    |                    |                     |                             |                       |
|--------------------|--------------------|---------------------|-----------------------------|-----------------------|
| Coping Skills      | Wise Mind          | Willingness         | Distress Tolerance          | Building Mastery      |
| Relationships      | DEAR MAN           | Present Moment      | Effective                   | Body Scan             |
| Turning the Mind   | Opposite Action    | Crisis Survival Kit | Non-judgemental             | Mindfulness           |
| Emotion Regulation | Positive Emotions  | Communication       | Interpersonal Effectiveness | Focus on the Positive |
| Reasoning Mind     | Radical Acceptance | Support             | Safety Card                 | Motivation            |