DBT-BINGO

TIPP	ACCEPTS	Fair	Reinforce	Mindful
Describe	Stick to Values	Objective effectiveness	Apologies	Self-respect effectiveness
Truthful	Appear	Interested	Interpersonal effectiveness	STOP
LOVE	Pros and Cons	Gentle	Negotiate	Assert
Relationship effectiveness	Easy	Validate	Express	Healthy relationships

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Truthful	Appear	Self-respect effectiveness	Apologies	Assert
Express	STOP	Interested	Mindful	Pros and Cons
Describe	Fair	Objective effectiveness	Negotiate	TIPP
LOVE	Easy	Stick to Values	Gentle	Reinforce
Relationship effectiveness	Validate	Healthy relationships	ACCEPTS	Interpersonal effectiveness

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STOP	Negotiate	Easy	Express	Gentle
Assert	Healthy relationships	Describe	Interested	TIPP
LOVE	Relationship effectiveness	Objective effectiveness	Appear	Stick to Values
Truthful	Pros and Cons	Validate	Apologies	ACCEPTS
Interpersonal effectiveness	Self-respect effectiveness	Reinforce	Fair	Mindful

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