

DBT-BINGO

Self-Soothe	Accepting Reality	5 Senses	Grounding	Prayer
Negotiate	Distress Tolerance	See	One-mindfully	Assert
Participate	Relaxation	FREE	TIPP skills	Build Positive experiences
One thing at a time	Letting go of things out of my control	Describe	Meaning	Radical Acceptance
Mindfulness	Opposite to emotion action	Reinforce	Improve the moment	Imagery

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Non-judgmentally	Meaning	Hear	Comparisons	Contributing
Observe	Negotiate	Mindfulness	Assert	Relaxation
Pushing Away	Letting go of things out of my control	FREE	Build Positive experiences	Self Soothe with five senses
TIPP skills	See	Accepting Reality	One thing at a time	Prayer
Distress Tolerance	Grounding	Opposite to emotion action	Participate	One-mindfully

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Radical Acceptance	Build Positive experiences	Contributing	Opposite to emotion action	Negotiate
Distress Tolerance	Participate	Observe	Accepting Reality	Letting go of things out of my control
5 Senses	Mindfulness	FREE	Self-Soothe	Comparisons
Wise Mind	Willingness	Prayer	One thing at a time	Exercise
TIPP skills	Assert	Meaning	Grounding	Imagery