DBT-BINGO

TIPP skills	Build Positive experiences	Accepting Reality	Hear	Pushing Away
Observe	Encouragement	Self Soothe with five senses	Opposite to emotion action	See
Contributing	Letting go of things out of my control	**FREE**	Distress Tolerance	Meaning
Reinforce	Non-judgmentally	Prayer	Relaxation	Improve the moment
Imagery	One thing at a time	Describe	One-mindfully	Comparisons

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See	Describe	Radical Acceptance	Letting go of things out of my control	Contributing
Meaning	Self Soothe with five senses	Build Positive experiences	TIPP skills	Opposite to emotion action
Pushing Away	One thing at a time	**FREE**	Comparisons	One-mindfully
Encouragement	Hear	Participate	Willingness	Reinforce
Distress Tolerance	Prayer	Accepting Reality	Observe	Self-Soothe

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Describe	Wise Mind	Willingness	Encouragement	Comparisons
Radical Acceptance	Opposite to emotion action	Grounding	Build Positive experiences	TIPP skills
Observe	Distress Tolerance	**FREE**	Pushing Away	Meaning
Hear	One-mindfully	Letting go of things out of my control	Imagery	Prayer
Self-Soothe	Exercise	Reinforce	Non-judgmentally	Accepting Reality

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