

DBT-BINGO

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

DBT-BINGO

Willingness	Radical Acceptance	Prayer	Opposite to emotion action	Relaxation
Contributing	Describe	Participate	Observe	Distress Tolerance
One thing at a time	Build Positive experiences	FREE	Interested	Accepting Reality
Non-judgmentally	TIPP skills	Wise Mind	Encouragement	Comparisons
Pushing Away	Exercise	Letting go of things out of my control	Grounding	Imagery

DBT-BINGO

One thing at a time	Distress Tolerance	Prayer	Participate	Exercise
Build Positive experiences	Wise Mind	Grounding	Willingness	Self-Soothe
Encouragement	Relaxation	FREE	Meaning	Pushing Away
Accepting Reality	Describe	Observe	Letting go of things out of my control	Improve the moment
TIPP skills	Comparisons	See	Contributing	Self Soothe with five senses