

# DBT-BINGO

|                          |                                    |                              |                                                       |                                        |
|--------------------------|------------------------------------|------------------------------|-------------------------------------------------------|----------------------------------------|
| USE AN<br>Easy<br>Manner | Accumulate<br>Positive<br>Emotions | ACCEPTS                      | Express                                               | Self<br>Soothe<br>with five<br>senses  |
| NO<br>Apologies          | Diary<br>Card                      | Treat<br>Physical<br>Illness | Participate                                           | Analyzing<br>Behavior                  |
| See                      | Taste                              | DBT<br>Free<br>Space         | Using<br>Relationship<br>Effectiveness:<br>GIVE SKILL | Be<br>mindful of<br>current<br>emotion |
| One-mindfully            | Invalidating                       | Describe                     | Meaning                                               | Sleep                                  |
| Mindful<br>Breathing     | Relaxation                         | TIP<br>Skills                | Stick to<br>value                                     | STOP<br>Skill                          |

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|                                                       |                              |                                     |                              |                                       |
|-------------------------------------------------------|------------------------------|-------------------------------------|------------------------------|---------------------------------------|
| Imagery                                               | Taste                        | Journal                             | Hear                         | Non-judgmentally                      |
| Meaning                                               | Gentle                       | Build<br>Positive<br>experiences    | Comparisons                  | One<br>thing at<br>a time             |
| Negotiate                                             | Missing<br>Links<br>Analysis | DBT<br>Free<br>Space                | Assert                       | Chain<br>Analysis                     |
| Self-respect<br>effectiveness:<br>Fast                | Invalidating                 | Maladaptive<br>Coping<br>Mechanisms | Treat<br>Physical<br>Illness | Analyzing<br>Behavior                 |
| Using<br>Relationship<br>Effectiveness:<br>GIVE SKILL | Thoughts                     | Activities                          | One-mindfully                | Self<br>Soothe<br>with five<br>senses |

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|                    |                            |                               |                     |                    |
|--------------------|----------------------------|-------------------------------|---------------------|--------------------|
| Nightmare Protocol | Assert                     | Maladaptive Coping Mechanisms | One thing at a time | Thoughts           |
| Middle Road        | Negotiate                  | Diary Card                    | Facts               | Radical Acceptance |
| Vacation           | Sensations                 | DBT Free Space                | See                 | Participate        |
| Sleep Hygiene      | Build Positive experiences | Contributing                  | Reinforce           | Relaxation         |
| Non-judgmentally   | Observe Skills             | Activities                    | Invalidating        | ACCEPTS            |