



DBT Bingo

Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 64 events:

Accepting Reality, Accepts, Activities, Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor), Apologies, Appear Confident, Assert, Be mindful of current emotion, Build Positive experiences, Comparisons, Contributing, Dear Man, Describe, Describe, Distress Tolerance, Easy Manner, Effectively, Emotion Regulation, Emotions - use opposite, Encouragement, Exercise, Express, Fair, Gentle, Hear, Imagery, Improve the moment, Interested, Interpersonal Effectiveness, Meaning, Mindful, Mindfulness, Negotiate, Non-judgmentally, Observe, One thing at a time, One-mindfully, Opposite to emotion action, Participate, Prayer, Pushing Away, Radical Acceptance, Reinforce, Relaxation, See, Self Soothe with five senses, Self-respect effectiveness: Fast, Sensations, Sleep, Smell, Stick to value, Taste, Thoughts, Touch, Treat Physical Illness, Truthful, Turning your mind, Using Reduce Vulnerability: Please, Using Relationship Effectiveness: Give, Vacation, Validate, Willingness, Wise Mind, eating.



DBT Bingo Bingo Call Sheet

This is a randomized list of all 64 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Self Soothe with five senses	Sleep	Emotions - use opposite	One-mindfully	Gentle
Stick to value	Hear	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Wise Mind	Effectively
Express	See	Radical Acceptance	Smell	Validate
Fair	Contributing	Distress Tolerance	Sensations	Touch
Activities	Interpersonal Effectiveness	Negotiate	Imagery	Non-judgmentally
Self-respect effectiveness: Fast	Observe	Turning your mind	Reinforce	Thoughts



DBT Bingo Bingo Call Sheet

This continues the randomized list of all 64 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Taste	Truthful	Build Positive experiences	Comparisons	Improve the moment
Using Reduce Vulnerability: Please	Pushing Away	Dear Man	One thing at a time	Appear Confident
eating	Relaxation	Easy Manner	Accepts	Encouragement
Meaning	Participate	Mindful	Describe	Emotion Regulation
Using Relationship Effectiveness: Give	Prayer	Be mindful of current emotion	Apologies	Vacation
Treat Physical Illness	Mindfulness	Assert	Interested	Willingness



DBT Bingo Bingo Call Sheet

This continues the randomized list of all 64 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Opposite to emotion action	Exercise	Accepting Reality	Describe
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DBT-BINGO

Participate	Taste	Interpersonal Effectiveness	Distress Tolerance	Reinforce
Be mindful of current emotion	Validate	Exercise	Using Reduce Vulnerability: Please	Emotions - use opposite
Fair	Contributing	FREE	Gentle	Thoughts
One thing at a time	Prayer	Activities	Express	Accepts
Relaxation	Meaning	Opposite to emotion action	eating	Vacation

This bingo card was created randomly from a total of 64 events.

DBT-BINGO

Exercise	Negotiate	Dear Man	Using Reduce Vulnerability: Please	Express
Validate	Relaxation	Hear	Sleep	Improve the moment
Using Relationship Effectiveness: Give	Wise Mind	FREE	Radical Acceptance	eating
Interested	Vacation	Easy Manner	Distress Tolerance	Willingness
Self-respect effectiveness: Fast	Stick to value	Treat Physical Illness	Taste	Turning your mind

This bingo card was created randomly from a total of 64 events.