



# 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:



Observe	Pushing Away	Mindfulness	Negotiate	Describe
See	Comparisons	Participate	Assert	Sleep
Using Relationship Effectiveness: Give	Contributing	Be mindful of current emotion	Prayer	Relaxation
Emotions - use opposite	Accepting Reality	Easy Manner	Improve the moment	Sensations
Self Soothe with five senses	Gentle	Self-respect effectiveness: Fast	<small>Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)</small>	Imagery
Mindful	Accepts	Build Positive experiences	Touch	One thing at a time



# 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.



Emotion Regulation	Smell	Validate	Vacation	Fair
Apologies	Describe	eating	One-mindfully	Hear
Appear Confident	Interested	Express	Truthful	Exercise
Opposite to emotion action	Effectively	Taste	Activities	Willingness
Meaning	Stick to value	Distress Tolerance	Wise Mind	Using Reduce Vulnerability: Please
Non-judgmentally	Turning your mind	Thoughts	Dear Man	Interpersonal Effectiveness



# 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.



Encouragement	Radical Acceptance	Reinforce	Treat Physical Illness
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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.