



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:



Activities	Self Soothe with five senses	Accepts	Smell	Relaxation
Taste	Dear Man	Emotions - use opposite	One thing at a time	Accepting Reality
Using Reduce Vulnerability: Please	Distress Tolerance	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)	Encouragement	Fair
Thoughts	Effectively	Sensations	Emotion Regulation	Sleep
Contributing	Reinforce	Comparisons	Negotiate	One-mindfully
Using Relationship Effectiveness: Give	Assert	Build Positive experiences	Mindfulness	Express



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Meaning	Gentle	Exercise	Wise Mind	Apologies
Improve the moment	Stick to value	Vacation	Be mindful of current emotion	Radical Acceptance
Validate	See	Opposite to emotion action	Self-respect effectiveness: Fast	Describe
Interested	Hear	Treat Physical Illness	Appear Confident	Interpersonal Effectiveness
Non-judgmentally	Pushing Away	Truthful	Touch	Imagery
Describe	Participate	eating	Mindful	Observe



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Willingness	Turning your mind	Prayer	Easy Manner
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