

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Participate	Taste	Interpersonal Effectiveness	Distress Tolerance	Reinforce
Be mindful of current emotion	Validate	Exercise	Using Reduce Vulnerability: Please	Emotions - use opposite
Fair	Contributing	Gentle	Thoughts	One thing at a time
Prayer	Activities	Express	Accepts	Relaxation
Meaning	Opposite to emotion action	eating	Vacation	Negotiate

This bingo card was created randomly from a total of 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.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Dear Man	Using Reduce Vulnerability: Please	Express	Validate	Relaxation
Hear	Sleep	Improve the moment	Using Relationship Effectiveness: Give	Wise Mind
Radical Acceptance	eating	Interested	Vacation	Easy Manner
Distress Tolerance	Willingness	Self-respect effectiveness: Fast	Stick to value	Treat Physical Illness
Taste	Turning your mind	Activities	One-mindfully	Assert

This bingo card was created randomly from a total of 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.