



# 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:



Imagery	Relaxation	Taste	Sleep	Build Positive experiences
Appear Confident	Touch	Mindful	Hear	Comparisons
Accepts	Distress Tolerance	Vacation	Non-judgmentally	Exercise
Thoughts	Activities	Self Soothe with five senses	Stick to value	See
Interested	Apologies	Observe	Participate	Be mindful of current emotion
Treat Physical Illness	Using Relationship Effectiveness: Give	Pushing Away	Describe	Express



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Validate	One-mindfully	Assert	Radical Acceptance	Mindfulness
Encouragement	Turning your mind	Negotiate	Improve the moment	Wise Mind
Meaning	Prayer	Sensations	Emotion Regulation	Contributing
Emotions - use opposite	Smell	Opposite to emotion action	Describe	Fair
Easy Manner	Accepting Reality	Using Reduce Vulnerability: Please	Willingness	Gentle
eating	One thing at a time	Effectively	Reinforce	Dear Man



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Interpersonal Effectiveness	Self-respect effectiveness: Fast	Truthful	Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor)
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