

B	I	N	G	O
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.

B	I	N	G	O
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

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