



DBT Bingo Call Sheet

This is a randomized list of all 25 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



ACCEPTS	Gentle	LOVE	Validate	Easy
Assert	Describe	Relationship effectiveness	STOP	Negotiate
Truthful	Interested	Reinforce	Self-respect effectiveness	TIPP
Mindful	Pros and Cons	Interpersonal effectiveness	Objective effectiveness	Healthy relationships
Apologies	Appear	Stick to Values	Express	Fair