

DBT Distress Tolerance Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/qmcem2z

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/qmcem2z

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/qmcem2z

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

S.T.O.P.	<i>Proceed Mindfully</i>	<i>Temperature</i>	Half- Smile	<i>Radical Acceptance</i>	Turn the Mind	Wise Mind ACCEPTS
Intense exercise	TIPP	Pros and Cons	IMPROVE the moment.	<i>Mindfulness of current thought</i>	Goals of Distress Tolerance	Self- Soothe
<i>Willingness</i>	<i>Willfulness</i>	<i>Imagery</i>	Willing Hands	Observe	Crisis Situations	<i>Contributions</i>
<i>Sensations</i>	Stop	<i>Comparison</i>	<i>Self- ENCOURAGEMENT and rethinking the situation</i>			

Bingo Card ID 001

DBT Distress Tolerance Bingo

TIPP	Crisis Situations	Radical Acceptance	IMPROVE the moment.	Self-Soothe
Proceed Mindfully	Sensations	Temperature	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Half-Smile
Turn the Mind	Imagery	Willing Hands	Contributions	Willingness
Mindfulness of current thought	Comparison	Pros and Cons	Wise Mind ACCEPTS	Observe
Intense exercise	Goals of Distress Tolerance	Stop	S.T.O.P.	Willfulness

Bingo Card ID 002

DBT Distress Tolerance Bingo

Temperature	S.T.O.P.	Sensations	TIPP	Mindfulness of current thought
Proceed Mindfully	Imagery	Stop	Turn the Mind	IMPROVE the moment.
Willingness	Observe	Goals of Distress Tolerance	Contributions	Pros and Cons
Half-Smile	Crisis Situations	Willing Hands	Comparison	Radical Acceptance
Self-Soothe	Intense exercise	Willfulness	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Wise Mind ACCEPTS

Bingo Card ID 003

DBT Distress Tolerance Bingo

Stop	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Temperature	Observe	Pros and Cons
Willfulness	IMPROVE the moment.	Wise Mind ACCEPTS	Crisis Situations	Willing Hands
Imagery	S.T.O.P.	TIPP	Contributions	Sensations
Intense exercise	Turn the Mind	Comparison	Mindfulness of current thought	Willingness
Self-Soothe	Radical Acceptance	Proceed Mindfully	Half-Smile	Goals of Distress Tolerance

Bingo Card ID 004

DBT Distress Tolerance Bingo

Willing Hands	Radical Acceptance	Turn the Mind	Half-Smile	S.T.O.P.
Contributions	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Self-Soothe	Willingness	Temperature
TIPP	Stop	Wise Mind ACCEPTS	Imagery	Goals of Distress Tolerance
Observe	Mindfulness of current thought	IMPROVE the moment.	Willfulness	Proceed Mindfully
Sensations	Crisis Situations	Pros and Cons	Comparison	Intense exercise

Bingo Card ID 005

DBT Distress Tolerance Bingo

Radical Acceptance	Half-Smile	Willing Hands	Imagery	Comparison
Mindfulness of current thought	Temperature	Sensations	Contributions	Willfulness
Wise Mind ACCEPTS	Crisis Situations	Willingness	Proceed Mindfully	Pros and Cons
IMPROVE the moment.	Goals of Distress Tolerance	Self-encouragement and rethinking the situation	Observe	TIPP
Intense exercise	Turn the Mind	Stop	S.T.O.P.	Self-Soothe

Bingo Card ID 006

DBT Distress Tolerance Bingo

Radical Acceptance	Crisis Situations	TIPP	IMPROVE the moment.	Wise Mind ACCEPTS
Goals of Distress Tolerance	Sensations	Imagery	S.T.O.P.	Temperature
Self-encouragement and rethinking the situation	Comparison	Stop	Self-Soothe	Pros and Cons
Mindfulness of current thought	Turn the Mind	Willing Hands	Willingness	Proceed Mindfully
Observe	Willfulness	Half-Smile	Contributions	Intense exercise

Bingo Card ID 007

DBT Distress Tolerance Bingo

Willingness	Goals of Distress Tolerance	Self-Soothe	Turn the Mind	Wise Mind ACCEPTS
Intense exercise	Temperature	Sensations	IMPROVE the moment.	Pros and Cons
Imagery	Stop	Proceed Mindfully	Contributions	Self-ENCOURAGEMENT and rethinking the situation
Radical Acceptance	S.T.O.P.	Observe	Comparison	Willing Hands
TIPP	Mindfulness of current thought	Half-Smile	Willfulness	Crisis Situations

Bingo Card ID 008

DBT Distress Tolerance Bingo

Willingness	TIPP	Mindfulness of current thought	Proceed Mindfully	Comparison
Goals of Distress Tolerance	Willing Hands	Contributions	Radical Acceptance	Half-Smile
Temperature	Stop	Self-ENCOURAGEMENT and rethinking the situation	Imagery	IMPROVE the moment.
Willfulness	Crisis Situations	Wise Mind ACCEPTS	Pros and Cons	Self-Soothe
Observe	Intense exercise	Sensations	S.T.O.P.	Turn the Mind

Bingo Card ID 009

DBT Distress Tolerance Bingo

<i>Mindfulness of current thought</i>	Observe	S.T.O.P.	Turn the Mind	<i>Contributions</i>
<i>Radical Acceptance</i>	Half-Smile	<i>IMPROVE the moment.</i>	<i>Pros and Cons</i>	TIPP
Stop	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	<i>Willingness</i>	<i>Imagery</i>	<i>Sensations</i>
<i>Willfulness</i>	<i>Intense exercise</i>	Self-Soothe	<i>Goals of Distress Tolerance</i>	<i>Proceed Mindfully</i>
<i>Comparison</i>	<i>Temperature</i>	<i>Crisis Situations</i>	Wise Mind ACCEPTS	Willing Hands

Bingo Card ID 010

DBT Distress Tolerance Bingo

Willing Hands	<i>Turn the Mind</i>	Self-Soothe	<i>Crisis Situations</i>	<i>Goals of Distress Tolerance</i>
<i>Sensations</i>	<i>Intense exercise</i>	<i>Imagery</i>	<i>Contributions</i>	<i>Comparison</i>
S.T.O.P.	Wise Mind ACCEPTS	TIPP	<i>Observe</i>	<i>Temperature</i>
<i>Pros and Cons</i>	<i>Willingness</i>	<i>Radical Acceptance</i>	<i>Willfulness</i>	Half-Smile
<i>Proceed Mindfully</i>	Stop	<i>Mindfulness of current thought</i>	<i>IMPROVE the moment.</i>	<small>Self-ENCOURAGEMENT and rethinking the situation</small>

Bingo Card ID 011

DBT Distress Tolerance Bingo

Crisis Situations	<i>Willfulness</i>	TIPP	<i>Contributions</i>	IMPROVE the moment.
<small>Self-ENCOURAGEMENT and rethinking the situation</small>	<i>Mindfulness of current thought</i>	Radical Acceptance	S.T.O.P.	<i>Temperature</i>
Intense exercise	<i>Willingness</i>	Self-Soothe	<i>Wise Mind ACCEPTS</i>	Pros and Cons
<i>Sensations</i>	Stop	<i>Turn the Mind</i>	<i>Goals of Distress Tolerance</i>	Willing Hands
<i>Comparison</i>	<i>Imagery</i>	Half-Smile	<i>Proceed Mindfully</i>	Observe

Bingo Card ID 012

DBT Distress Tolerance Bingo

<i>Sensations</i>	Intense exercise	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Crisis Situations	Imagery
Observe	S.T.O.P.	Proceed Mindfully	<i>Willfulness</i>	IMPROVE the moment.
Pros and Cons	<i>Temperature</i>	<i>Contributions</i>	Wise Mind ACCEPTS	<i>Willingness</i>
<i>Radical Acceptance</i>	Willing Hands	TIPP	<i>Mindfulness of current thought</i>	<i>Goals of Distress Tolerance</i>
<i>Comparison</i>	Stop	Self-Soothe	<i>Turn the Mind</i>	Half-Smile

Bingo Card ID 013

DBT Distress Tolerance Bingo

Temperature	Wise Mind ACCEPTS	Half-Smile	Mindfulness of current thought	Observe
S.T.O.P.	Goals of Distress Tolerance	IMPROVE the moment.	Willingness	Self-ENCOURAGEMENT and rethinking the situation
Sensations	Turn the Mind	TIPP	Imagery	Intense exercise
Comparison	Self-Soothe	Contributions	Proceed Mindfully	Willing Hands
Crisis Situations	Pros and Cons	Radical Acceptance	Willfulness	Stop

Bingo Card ID 014

DBT Distress Tolerance Bingo

Observe	Wise Mind ACCEPTS	Half-Smile	Pros and Cons	S.T.O.P.
Goals of Distress Tolerance	Temperature	Stop	Proceed Mindfully	Self-ENCOURAGEMENT and rethinking the situation
Imagery	Willfulness	Sensations	Comparison	Radical Acceptance
Self-Soothe	Contributions	Willing Hands	IMPROVE the moment.	Turn the Mind
TIPP	Willingness	Mindfulness of current thought	Intense exercise	Crisis Situations

Bingo Card ID 015

DBT Distress Tolerance Bingo

Intense exercise	<i>Mindfulness of current thought</i>	Radical Acceptance	<i>Sensations</i>	Crisis Situations
Stop	Willing Hands	S.T.O.P.	<i>IMPROVE the moment.</i>	<i>Contributions</i>
<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Half-Smile	<i>Turn the Mind</i>	<i>Temperature</i>	TIPP
Wise Mind ACCEPTS	<i>Proceed Mindfully</i>	Imagery	<i>Willingness</i>	<i>Comparison</i>
<i>Willfulness</i>	Goals of Distress Tolerance	Self-Soothe	Pros and Cons	Observe

Bingo Card ID 016

DBT Distress Tolerance Bingo

<i>Contributions</i>	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Pros and Cons	<i>Willingness</i>	Imagery
Willing Hands	<i>Willfulness</i>	<i>Temperature</i>	Wise Mind ACCEPTS	S.T.O.P.
Stop	Self-Soothe	<i>Comparison</i>	<i>Radical Acceptance</i>	Observe
<i>Sensations</i>	TIPP	<i>Proceed Mindfully</i>	<i>Mindfulness of current thought</i>	Turn the Mind
Half-Smile	Intense exercise	<i>Crisis Situations</i>	<i>IMPROVE the moment.</i>	Goals of Distress Tolerance

Bingo Card ID 017

DBT Distress Tolerance Bingo

Radical Acceptance	<small>Self-encouragement and rethinking the situation</small>	IMPROVE the moment.	Willingness	Wise Mind ACCEPTS
Half-Smile	Intense exercise	Crisis Situations	Turn the Mind	Mindfulness of current thought
Observe	S.T.O.P.	Comparison	Proceed Mindfully	Sensations
Pros and Cons	Goals of Distress Tolerance	Willfulness	Self-Soothe	Stop
TIPP	Willing Hands	Contributions	Imagery	Temperature

Bingo Card ID 018

DBT Distress Tolerance Bingo

Pros and Cons	Crisis Situations	Comparison	Half-Smile	Temperature
S.T.O.P.	TIPP	<small>Self-encouragement and rethinking the situation</small>	Self-Soothe	Stop
Willing Hands	Radical Acceptance	Proceed Mindfully	Observe	Mindfulness of current thought
Turn the Mind	Imagery	Intense exercise	IMPROVE the moment.	Goals of Distress Tolerance
Contributions	Sensations	Willfulness	Willingness	Wise Mind ACCEPTS

Bingo Card ID 019

DBT Distress Tolerance Bingo

Imagery	<i>Proceed Mindfully</i>	Wise Mind ACCEPTS	Pros and Cons	Observe
Goals of Distress Tolerance	<i>Mindfulness of current thought</i>	Half-Smile	S.T.O.P.	Self-Soothe
Stop	<i>Willingness</i>	TIPP	<i>IMPROVE the moment.</i>	Turn the Mind
Sensations	Intense exercise	<i>Temperature</i>	<i>Contributions</i>	<i>Comparison</i>
Radical Acceptance	<i>Willfulness</i>	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Willing Hands	Crisis Situations

Bingo Card ID 020

DBT Distress Tolerance Bingo

S.T.O.P.	Turn the Mind	Imagery	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Comparison
Sensations	Self-Soothe	Intense exercise	Radical Acceptance	Crisis Situations
Wise Mind ACCEPTS	<i>Willfulness</i>	<i>Proceed Mindfully</i>	Pros and Cons	<i>Mindfulness of current thought</i>
<i>Temperature</i>	Goals of Distress Tolerance	Willing Hands	<i>Willingness</i>	Stop
<i>Contributions</i>	<i>IMPROVE the moment.</i>	Half-Smile	Observe	TIPP

Bingo Card ID 021

DBT Distress Tolerance Bingo

<i>Turn the Mind</i>	<i>Self-Soothe</i>	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	<i>Intense exercise</i>	TIPP
Stop	<i>Radical Acceptance</i>	<i>Willing Hands</i>	<i>Half-Smile</i>	<i>Contributions</i>
<i>Goals of Distress Tolerance</i>	<i>IMPROVE the moment.</i>	<i>Willingness</i>	<i>Wise Mind ACCEPTS</i>	<i>Observe</i>
<i>Sensations</i>	<i>Temperature</i>	<i>Comparison</i>	<i>S.T.O.P.</i>	<i>Pros and Cons</i>
<i>Imagery</i>	<i>Crisis Situations</i>	<i>Proceed Mindfully</i>	<i>Willfulness</i>	<i>Mindfulness of current thought</i>

Bingo Card ID 022

DBT Distress Tolerance Bingo

<i>Pros and Cons</i>	<i>Comparison</i>	<i>Half-Smile</i>	<i>Observe</i>	<i>Self-Soothe</i>
<i>Radical Acceptance</i>	<i>Sensations</i>	<i>Crisis Situations</i>	<i>Mindfulness of current thought</i>	<i>Contributions</i>
<i>Willingness</i>	<i>Temperature</i>	<i>Willfulness</i>	<i>Proceed Mindfully</i>	TIPP
<i>Goals of Distress Tolerance</i>	<i>S.T.O.P.</i>	<i>Turn the Mind</i>	<i>IMPROVE the moment.</i>	<i>Intense exercise</i>
<i>Willing Hands</i>	<i>Wise Mind ACCEPTS</i>	Stop	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	<i>Imagery</i>

Bingo Card ID 023

DBT Distress Tolerance Bingo

<i>Proceed Mindfully</i>	Observe	<i>Comparison</i>	<i>Sensations</i>	Goals of Distress Tolerance
Turn the Mind	<i>Willingness</i>	Stop	Willing Hands	<i>Mindfulness of current thought</i>
<i>Temperature</i>	Pros and Cons	<i>Imagery</i>	<i>Intense exercise</i>	Wise Mind ACCEPTS
S.T.O.P.	<i>Willfulness</i>	Self-Soothe	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Half-Smile
IMPROVE the moment.	TIPP	<i>Contributions</i>	Crisis Situations	Radical Acceptance

Bingo Card ID 024

DBT Distress Tolerance Bingo

<i>Willfulness</i>	Stop	<i>Imagery</i>	Crisis Situations	<i>Proceed Mindfully</i>
Self-Soothe	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Wise Mind ACCEPTS	Willing Hands	<i>Radical Acceptance</i>
S.T.O.P.	<i>Intense exercise</i>	Half-Smile	Pros and Cons	<i>Mindfulness of current thought</i>
<i>Sensations</i>	<i>Comparison</i>	Goals of Distress Tolerance	Observe	IMPROVE the moment.
TIPP	Turn the Mind	<i>Contributions</i>	<i>Temperature</i>	<i>Willingness</i>

Bingo Card ID 025

DBT Distress Tolerance Bingo

Stop	<i>S.T.O.P.</i>	Willing Hands	Half-Smile	Goals of Distress Tolerance
<i>Mindfulness of current thought</i>	Pros and Cons	<i>Comparison</i>	Observe	<i>Willingness</i>
Proceed Mindfully	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Crisis Situations	Turn the Mind	<i>Willfulness</i>
<i>Temperature</i>	Wise Mind ACCEPTS	<i>IMPROVE the moment.</i>	TIPP	Self-Soothe
Intense exercise	Radical Acceptance	<i>Sensations</i>	<i>Contributions</i>	Imagery

Bingo Card ID 026

DBT Distress Tolerance Bingo

<i>Comparison</i>	Intense exercise	Observe	<i>Temperature</i>	Imagery
<i>Contributions</i>	<i>Willingness</i>	Pros and Cons	Turn the Mind	Proceed Mindfully
Half-Smile	<i>Sensations</i>	Radical Acceptance	Goals of Distress Tolerance	Self-Soothe
Stop	<i>Willfulness</i>	<i>S.T.O.P.</i>	Wise Mind ACCEPTS	<small>Self-ENCOURAGEMENT and rethinking the situation</small>
TIPP	<i>Mindfulness of current thought</i>	Crisis Situations	<i>IMPROVE the moment.</i>	Willing Hands

Bingo Card ID 027

DBT Distress Tolerance Bingo

Radical Acceptance	Intense exercise	Willingness	Willing Hands	S.T.O.P.
Turn the Mind	Contributions	Comparison	Wise Mind ACCEPTS	Willfulness
Half-Smile	Stop	Pros and Cons	Goals of Distress Tolerance	TIPP
Mindfulness of current thought	Self-Soothe	Self-ENCOURAGEMENT and rethinking the situation	Observe	Proceed Mindfully
Crisis Situations	Sensations	Temperature	IMPROVE the moment.	Imagery

Bingo Card ID 028

DBT Distress Tolerance Bingo

Proceed Mindfully	TIPP	Willingness	Sensations	Imagery
Turn the Mind	Willfulness	Willing Hands	Comparison	Self-ENCOURAGEMENT and rethinking the situation
Goals of Distress Tolerance	Stop	Temperature	Observe	Mindfulness of current thought
Half-Smile	Crisis Situations	Intense exercise	IMPROVE the moment.	S.T.O.P.
Wise Mind ACCEPTS	Self-Soothe	Contributions	Pros and Cons	Radical Acceptance

Bingo Card ID 029

DBT Distress Tolerance Bingo

<i>Proceed Mindfully</i>	<i>Crisis Situations</i>	<i>Willfulness</i>	<i>Comparison</i>	Half-Smile
Intense exercise	<i>Contributions</i>	Goals of Distress Tolerance	Pros and Cons	<i>Mindfulness of current thought</i>
S.T.O.P.	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Wise Mind ACCEPTS	Willing Hands	<i>Imagery</i>
Stop	<i>Temperature</i>	Turn the Mind	IMPROVE the moment.	<i>Willingness</i>
Self-Soothe	<i>Sensations</i>	TIPP	<i>Observe</i>	<i>Radical Acceptance</i>

Bingo Card ID 030

DBT Distress Tolerance Bingo

Self-Soothe	Intense exercise	<i>Contributions</i>	<i>Imagery</i>	Willing Hands
IMPROVE the moment.	<small>Self-ENCOURAGEMENT and rethinking the situation</small>	Turn the Mind	<i>Proceed Mindfully</i>	<i>Willingness</i>
TIPP	S.T.O.P.	<i>Radical Acceptance</i>	Half-Smile	<i>Crisis Situations</i>
Pros and Cons	<i>Temperature</i>	Stop	<i>Observe</i>	<i>Goals of Distress Tolerance</i>
<i>Comparison</i>	<i>Willfulness</i>	<i>Sensations</i>	<i>Mindfulness of current thought</i>	Wise Mind ACCEPTS