# **DBT Distress Tolerance Bingo**

# myfreebingocards.com

# 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 <u>myfreebingocards.com/virtual-bingo</u>.

# Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <u>https://myfreebingocards.com/faq</u> 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 <u>myfreebingocards.com/terms</u>.

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

Bingo	Card	ID	001

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	A CONTRACT OF		tres Bin	
TIPP	Crisis Situations	Radical Acceptance	IMPROVE the moment.	Self- Soothe
Proceed Mindfully	Sensations	Temperature	Self- ENCOURAGEMENT and rethinking the situation	Half- Smile
Turn the Mind	lmagery	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

			tres Bin	
Temperature	S.T.O.P.	Sensations	TIPP	Mindfulness of current thought
Proceed Mindfully	lmagery	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	Self- ENCOURAGEMENT and rethinking the situation	Wise Mind ACCEPTS

Bingo	Card	ID	003
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I To	)BT lera	Dis nce	tres Bin	s go		I To	)BT lera	Dis nce	tres Bín	s go
Stop	Self- ENCOURAGEMENT and rethinking the situation	Temperature	Observe	Pros and Cons		Willing Hands	Radical Acceptance	Turn the Mind	Half- Smile	S.T.O.P.
Willfulness	IMPROVE the moment.	Wise Mind ACCEPTS	Crisis Situations	Willing Hands		Contributions	Self- ENCOURAGEMENT and rethinking the situation	Self- Soothe	Willingness	Temperature
lmagery	\$.T.O.P.	TIPP	Contributions	Sensations	and a set of the	TIPP	Stop	Wise Mind ACCEPTS	lmagery	Goals of Distress Tolerance
Intense exercise	Turn the Mind	Comparison	Mindfulness of current thought	Willingness	and the second	Observe	Mindfulness of current thought	IMPROVE the moment.	Willfulness	Proceed Mindfully
Self- Soothe	Radical Acceptance	Proceed Mindfully	Half- Smile	Goals of Distress Tolerance		Sensations	Crisis Situations	Pros and Cons	Comparison	Intense exercise
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S.T.O.P.

Goals of Distress Tolerance

Proceed Mindfully

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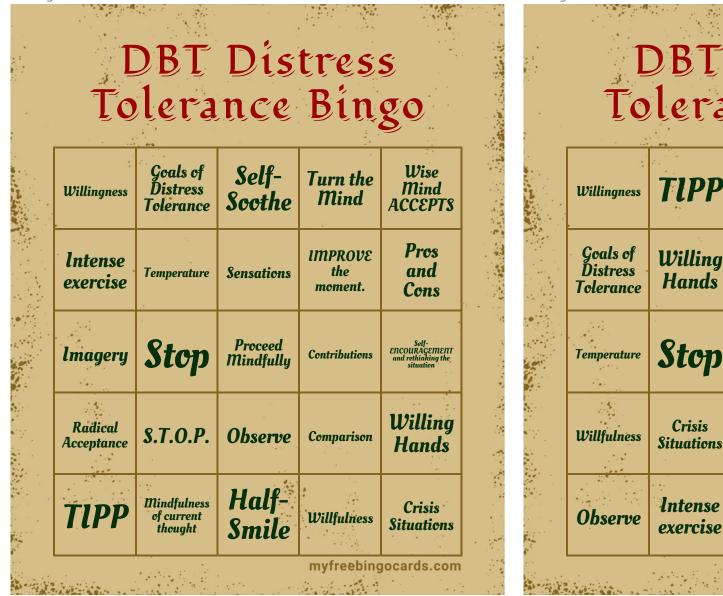
Bingo Card ID 006

15.5

and the second	and the second		tres Bin	
Radical Acceptance	Half- Smile	Willing Hands	lmagery	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

		Dis		
To	lera	nce	Bin	go
Radical Acceptance	Crisis Situations	TIPP	IMPROVE the moment.	Wise Mind ACCEPTS
Goals of Distress Tolerance	Sensations	lmagery	\$.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
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ĹŎ	lera	nce	Bin	go
: Villingness	TIPP	Mindfulness of current thought	Proceed Mindfully	Comparison
Goals of Distress olerance	Willing Hands	Contributions	Radical Acceptance	Half- Smile
nperature	Stop	Self- ENCOURACEMENT and rethinking the situation	lmagery	IMPROVE the moment.
llfulness	Crisis Situations	Wise Mind ACCEPTS	Pros and Cons	Self- Soothe
bserve	Intense exercise	Sensations	\$.T.O.P.	Turn the Mind

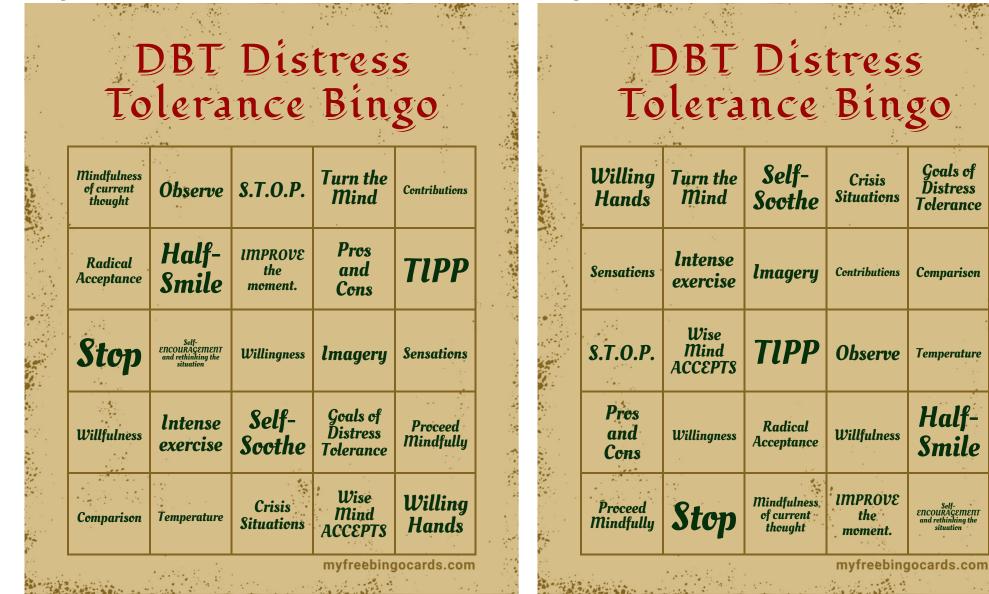
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Bingo Card ID 010

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Bingo Card ID 012

To	)BI lera	Dis nce	tres Bin	s go	L To
Crisis Situations	Willfulness	TIPP	Contributions	IMPROVE the moment.	Sensations
Self- ENCOURAGEMENT and rethining the situation	Mindfulness of current thought	Radical Acceptance	\$.T.O.P.	Temperature	Observe
Intense exercise	Willingness	Self- Soothe	Wise Mind ACCEPTS	Pros and Cons	Pros and Cons
Sensations	Stop	Turn the Mind	Goals of Distress Tolerance	Willing Hands	Radical Acceptance
Comparison	Imagery	Half- Smile	Proceed Mindfully	Observe	Comparison

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

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Bingo Card ID 014

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ŢŎ	lera	nce	Bin	go
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	lmagery	Intense exercise
Comparison	Self- Soothe	Contributions	Proceed Mindfully	Willing Hands
Crisis Situations	Pros and Cons	Radical Acceptance	Willfulness	Stop

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Observe	Wise Mind ACCEPTS	Half- Smile	Pros and Cons	\$.T.O.P.
Goals of Distress Tolerance	Temperature	Stop	Proceed Mindfully	Self- ENCOURAGEMENT and rethinking the situation
lmagery	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 016

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	)BT lera			
Intense exercise	Mindfulness of current thought	Radical Acceptance	Sensations	Crisis Situations
Stop	Willing HandsS.T.O.P.IMPROVE the moment.Contribution		Contributions	
Self- EICOURAGEMENT and rethinking the situation	Half- Smile	Turn the Mind	Temperature	TIPP
Wise Mind ACCEPTS	Proceed Mindfully	lmagery	Willingness	Comparison
Willfulness	Goals of Distress Tolerance	Self- Scothe	Pros and Cons	Observe

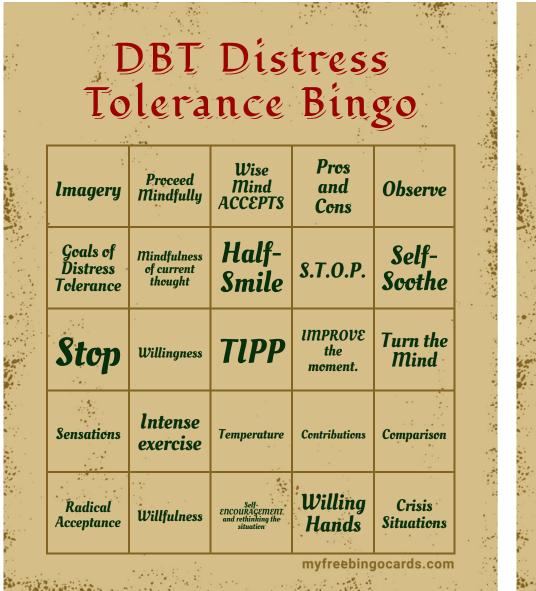
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Contributions	Self- Encouracement and rethinking the situation	Pros and Cons	Willingness	lmagery	
Willing Hands	Willfulness	Temperature	Wise Mind ACCEPTS	\$.T.O.P.	
Stop	Self- Soothe	Comparison	Radical Acceptance	Observe	
Sensations	TIPP	Proceed Mindfully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

Bingo Card ID 018

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ĻŲ	lela	ILCE		89	A State of the sta
Radical Acceptance	Self- ENCOURAGEMENT and rethinking the situation	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	and the second second
TIPP	Willing Hands	Contributions	lmagery	Temperature	and the second

and the second	· · · · · · · · · · · · · · · · · · ·	SmileSmileSelf- cand exitiationSelf- SootheProceed MindfullyObserveMindfullyIntense exerciseImpRove the moment.WillingnessWillingness			
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Pros and Cons	Crisis Situations	Comparison	-	Temperature	
\$.T.O.P.	TIPP	and rethinking the	Self- Scothe	Stop	
Willing Hands	Radical Acceptance		Observe	Mindfulness of current thought	
Turn the Mind	lmagery		the	Goals of Distress Tolerance	
Contributions	Sensations	Willfulness	Willingness	Wise Mind ACCEPTS	

Bingo Card ID 020



and the second	DBT			
Īo	lera	nce	Bin	go
S.T.O.P.	Turn the Mind	lmagery	Self- ENCOURAGEMENT and rethinking the situation	Comparison
Sensations	ons Self- Intense Radical Acceptance		Crisis Situations	
Wise Mind ACCEPTS	Willfulness	Proceed Mindfully	Pros and Cons	Mindfulness of current thought
Temperature	Goals of Distress Tolerance	Willing Hands	Willingness	Stop
Contributions	IMPROVE the moment.	Half- Smile	Observe	TIPP

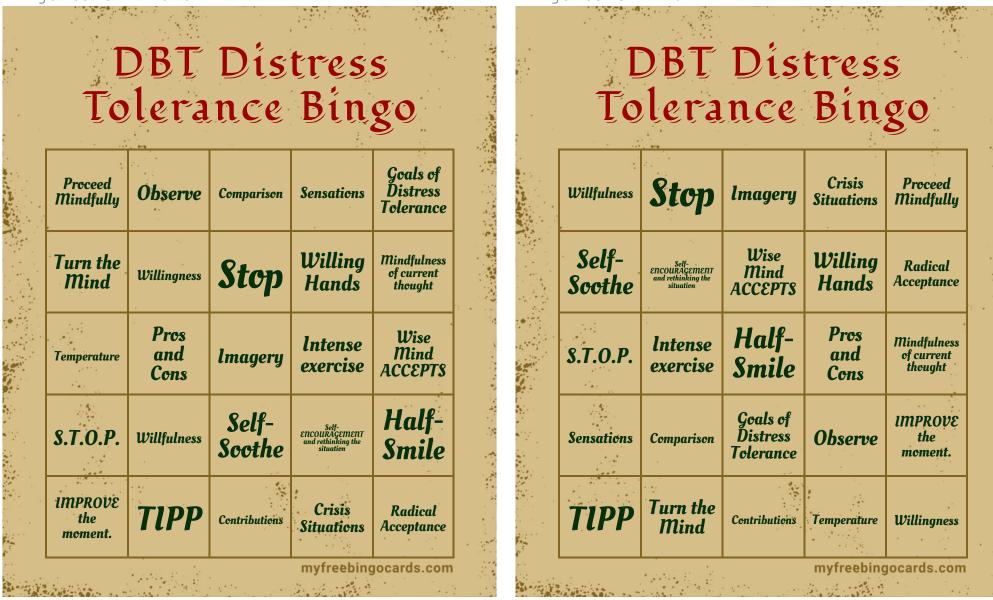
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Ding		)BT lera	Dis nce	tres Bín	s go		Dillig		DBT Iera	Dis nce	tres Bín	s g0
	Turn the Mind	Self- Soothe	Self- ENCOURAGEMENT and rethinking the situation	Intense exercise	TIPP			Pros and Cons	Comparison	Half- Smile	Observe	Self- Soothe
	Stop	Radical Acceptance	Willing Hands	Half- Smile	Contributions			Radical Acceptance	Sensations	Crisis Situations	Mindfulness of current thought	Contributions
	Goals of Distress Tolerance	IMPROVE the moment.	Willingness	Wise Mind ACCEPTS	Observe	and a second		Willingness	Temperature	Willfulness	Proceed Mindfully	TIPP
	Sensations	Temperature	Comparison	S.T.O.P.	Pros and Cons	and the second		Goals of Distress Tolerance	S.T.O.P.	Turn the Mind	IMPROVE the moment.	Intense exercise
	lmagery	Crisis Situations	Proceed Mindfully	Willfulness	Mindfulness of current thought			Willing Hands	Wise Mind ACCEPTS	Stop	Self- ENCOURAGEMENT and rethinking the situation	lmagery
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Bingo Card ID 024

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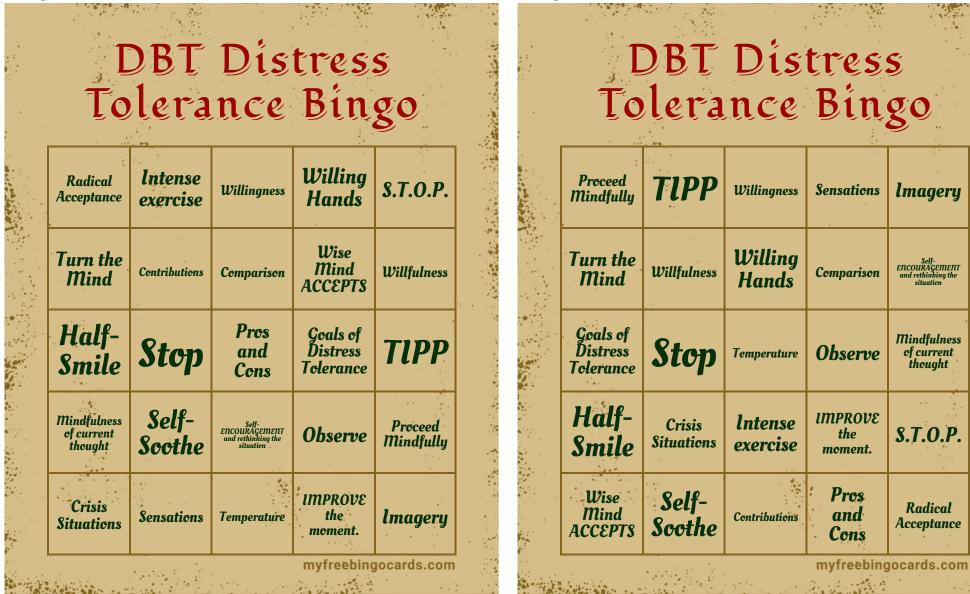


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L O Stop	lега s.т.o.р.	NCC Willing Hands	DIN Half- Smile	goals of Distress Tolerance		L O Comparison	IETA Intense exercise	Dbserve	DIN	<b>go</b> Imagery
Mindfulness of current thought	Pros and Cons	Comparison	Observe	Willingness	a Verseelaar 20	Contributions	Willingness	Pros and Cons	Turn the Mind	Proceed Mindfully
Proceed Mindfully	Self- ENCOURAGEMENT and rethinking the situation	Crisis Situations	Turn the Mind	Willfulness	and the State	Half- Smile	Sensations	Radical Acceptance	Goals of Distress Tolerance	Self- Soothe
Temperature	Wise Mind ACCEPTS	IMPROVE the moment.	TIPP	Self- Soothe	an a	Stop	Willfulness	\$.T.O.P.	Wise Mind ACCEPTS	Self- ENCOURACEMENT and rethinking the situation
Intense exercise	Radical Acceptance	Sensations	Contributions	lmagery		TIPP	Mindfulness of current thought	Crisis Situations	IMPROVE the moment.	Willing Hands
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Bingo	Card	ID	027
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Bing	o Card	ID 029					Bing	o Card	ID 030			
	I To	)BT Iera	Dis nce	tres Bin	s go			I To	)BT lera	Dis nce	tres Bin	s go
	Proceed Mindfully	Crisis Situations	Willfulness	Comparison	Half- Smile			Self- Soothe	Intense exercise	Contributions	lmagery	Willing Hands
	Intense exercise	Contributions	Goals of Distress Tolerance	Pros and Cons	Mindfulness of current thought			IMPROVE the moment.	Self- ENCOURAGEMENT and rethinking the situation	Turn the Mind	Proceed Mindfully	Willingness
	s.t.o.p.	Self- ENCOURAGEMENT and rethinking the situation	Wise Mind ACCEPTS	Willing Hands	lmagery	and a second		TIPP	\$.T.O.P.	Radical Acceptance	Half- Smile	Crisis Situations
	Stop	Temperature	Turn the Mind	IMPROVE the moment.	Willingness	and the second		Pros and Cons	Temperature	Stop	Observe	Goals of Distress Tolerance
	Self- Soothe	Sensations	TIPP	Observe	Radical Acceptance			Comparison	Willfulness	Sensations	Mindfulness of current thought	Wise Mind ACCEPTS
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