

DBT 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/yfs6cf4

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/faq> 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/yfs6cf4

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/yfs6cf4

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.

1 thing you are proud of yourself for	1 way you respect other peoples' boundaries	1 cognitive distortion you struggle with	1 coping skill you have	1 behavioral change you can make	2 books you like	How do you use TIPP skills?
name a movie/show you like	describe your current mood in 3 words	3 things you are grateful for	1 boundary you set with family/friends	1 boundary you set with strangers	1 harmful thought + a reframe	positive aspiration that keeps you going
1 coping skill you need to work on	1 long term goal you have (1 year or more)	1 short term goal you have (less than 1 year)	1 person to call for help/support	give someone else 1 appropriate compliment (not about looks)	give yourself 1 appropriate compliment	1 thing you can do better today than you did yesterday
2 activities that help you practice DBT skills	What is your favorite part of your day?	favorite song	1 person you love	something that provides you emotional support	1 way to take care of your body	1 way to take care of your mind
1 way to cool down when you're angry	favorite food					

Bingo Card ID 001

DBT Bingo

2 books you like	1 boundary you set with strangers	give yourself 1 appropriate compliment	1 thing you can do better today than you did yesterday	1 coping skill you need to work on
1 way to take care of your mind	name a movie/show you like	1 short term goal you have (less than 1 year)	3 things you are grateful for	1 way you respect other peoples' boundaries
1 way to take care of your body	something that provides you emotional support	FREE SPACE	How do you use TIPP skills?	1 coping skill you have
positive aspiration that keeps you going	1 boundary you set with family/friends	1 harmful thought + a reframe	describe your current mood in 3 words	favorite food
1 person to call for help/support	1 thing you are proud of yourself for	give someone else 1 appropriate compliment (not about looks)	favorite song	1 behavioral change you can make

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Bingo Card ID 002

DBT Bingo

3 things you are grateful for	1 way to cool down when you're angry	give someone else 1 appropriate compliment (not about looks)	1 way you respect other peoples' boundaries	2 books you like
1 person to call for help/support	1 short term goal you have (less than 1 year)	1 harmful thought + a reframe	name a movie/show you like	2 activities that help you practice DBT skills
How do you use TIPP skills?	1 coping skill you need to work on	FREE SPACE	favorite food	something that provides you emotional support
give yourself 1 appropriate compliment	positive aspiration that keeps you going	1 cognitive distortion you struggle with	1 person you love	1 thing you are proud of yourself for
1 boundary you set with family/friends	1 coping skill you have	1 boundary you set with strangers	describe your current mood in 3 words	1 behavioral change you can make

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Bingo Card ID 003

DBT Bingo

3 things you are grateful for	positive aspiration that keeps you going	2 activities that help you practice DBT skills	1 way to take care of your body	something that provides you emotional support
1 person you love	name a movie/show you like	1 thing you are proud of yourself for	give yourself 1 appropriate compliment	give someone else 1 appropriate compliment (not about looks)
What is your favorite part of your day?	1 coping skill you need to work on	FREE SPACE	favorite song	1 way to cool down when you're angry
1 harmful thought + a reframe	1 boundary you set with strangers	describe your current mood in 3 words	1 boundary you set with family/friends	2 books you like
1 long term goal you have (1 year or more)	1 way you respect other peoples' boundaries	1 behavioral change you can make	How do you use TIPP skills?	1 person to call for help/support

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Bingo Card ID 004

DBT Bingo

describe your current mood in 3 words	positive aspiration that keeps you going	1 thing you can do better today than you did yesterday	How do you use TIPP skills?	name a movie/show you like
1 coping skill you have	1 way to cool down when you're angry	give someone else 1 appropriate compliment (not about looks)	1 boundary you set with family/friends	1 way to take care of your body
1 way to take care of your mind	favorite food	FREE SPACE	3 things you are grateful for	2 activities that help you practice DBT skills
favorite song	1 harmful thought + a reframe	2 books you like	something that provides you emotional support	give yourself 1 appropriate compliment
1 cognitive distortion you struggle with	What is your favorite part of your day?	1 person you love	1 person to call for help/support	1 coping skill you need to work on

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Bingo Card ID 005

DBT Bingo

describe your current mood in 3 words	1 coping skill you have	1 thing you can do better today than you did yesterday	1 behavioral change you can make	1 harmful thought + a reframe
name a movie/show you like	something that provides you emotional support	3 things you are grateful for	1 person to call for help/support	1 boundary you set with family/friends
What is your favorite part of your day?	1 way you respect other peoples' boundaries	FREE SPACE	favorite song	1 boundary you set with strangers
favorite food	1 thing you are proud of yourself for	1 short term goal you have (less than 1 year)	1 coping skill you need to work on	1 cognitive distortion you struggle with
1 way to take care of your body	1 person you love	positive aspiration that keeps you going	give yourself 1 appropriate compliment	2 books you like

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Bingo Card ID 006

DBT Bingo

1 thing you can do better today than you did yesterday	1 boundary you set with strangers	positive aspiration that keeps you going	2 books you like	1 cognitive distortion you struggle with
1 coping skill you need to work on	favorite song	something that provides you emotional support	1 harmful thought + a reframe	1 way you respect other peoples' boundaries
1 way to cool down when you're angry	3 things you are grateful for	FREE SPACE	1 way to take care of your body	1 behavioral change you can make
1 thing you are proud of yourself for	2 activities that help you practice DBT skills	name a movie/show you like	1 way to take care of your mind	give someone else 1 appropriate compliment (not about looks)
1 person to call for help/support	How do you use TIPP skills?	describe your current mood in 3 words	favorite food	1 short term goal you have (less than 1 year)

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Bingo Card ID 007

DBT Bingo

1 cognitive distortion you struggle with	favorite food	1 way to take care of your mind	How do you use TIPP skills?	positive aspiration that keeps you going
favorite song	something that provides you emotional support	1 long term goal you have (1 year or more)	1 way you respect other peoples' boundaries	3 things you are grateful for
give yourself 1 appropriate compliment	1 coping skill you need to work on	FREE SPACE	1 thing you are proud of yourself for	1 short term goal you have (less than 1 year)
1 way to take care of your body	1 boundary you set with family/friends	2 activities that help you practice DBT skills	1 harmful thought + a reframe	give someone else 1 appropriate compliment (not about looks)
1 thing you can do better today than you did yesterday	1 person you love	1 way to cool down when you're angry	1 behavioral change you can make	describe your current mood in 3 words

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Bingo Card ID 008

DBT Bingo

2 books you like	favorite food	1 person to call for help/support	1 short term goal you have (less than 1 year)	1 behavioral change you can make
1 cognitive distortion you struggle with	describe your current mood in 3 words	1 boundary you set with family/friends	name a movie/show you like	1 thing you can do better today than you did yesterday
give someone else 1 appropriate compliment (not about looks)	1 coping skill you have	FREE SPACE	2 activities that help you practice DBT skills	3 things you are grateful for
positive aspiration that keeps you going	1 way to take care of your body	give yourself 1 appropriate compliment	favorite song	1 harmful thought + a reframe
1 coping skill you need to work on	1 boundary you set with strangers	What is your favorite part of your day?	1 way to take care of your mind	something that provides you emotional support

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Bingo Card ID 009

DBT Bingo

1 person to call for help/support	give someone else 1 appropriate compliment (not about looks)	1 way to cool down when you're angry	1 person you love	1 boundary you set with family/friends
How do you use TIPP skills?	name a movie/show you like	1 coping skill you need to work on	1 coping skill you have	1 thing you are proud of yourself for
1 thing you can do better today than you did yesterday	1 way to take care of your body	FREE SPACE	2 activities that help you practice DBT skills	2 books you like
1 harmful thought + a reframe	give yourself 1 appropriate compliment	favorite food	1 way you respect other peoples' boundaries	1 long term goal you have (1 year or more)
What is your favorite part of your day?	something that provides you emotional support	1 way to take care of your mind	1 cognitive distortion you struggle with	1 short term goal you have (less than 1 year)

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Bingo Card ID 010

DBT Bingo

describe your current mood in 3 words	1 way to take care of your mind	How do you use TIPP skills?	1 boundary you set with strangers	1 cognitive distortion you struggle with
positive aspiration that keeps you going	give someone else 1 appropriate compliment (not about looks)	1 way you respect other peoples' boundaries	1 long term goal you have (1 year or more)	1 harmful thought + a reframe
1 boundary you set with family/friends	name a movie/show you like	FREE SPACE	give yourself 1 appropriate compliment	1 behavioral change you can make
1 way to cool down when you're angry	favorite song	2 books you like	3 things you are grateful for	1 person you love
1 thing you can do better today than you did yesterday	1 thing you are proud of yourself for	favorite food	What is your favorite part of your day?	1 coping skill you have

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1 boundary you set with strangers	What is your favorite part of your day?	1 boundary you set with family/friends	2 books you like	1 coping skill you need to work on
1 way to take care of your body	positive aspiration that keeps you going	1 person to call for help/support	something that provides you emotional support	1 long term goal you have (1 year or more)
3 things you are grateful for	1 thing you can do better today than you did yesterday	FREE SPACE	1 way to cool down when you're angry	favorite song
favorite food	1 way to take care of your mind	1 thing you are proud of yourself for	1 way you respect other peoples' boundaries	2 activities that help you practice DBT skills
How do you use TIPP skills?	1 cognitive distortion you struggle with	give someone else 1 appropriate compliment (not about looks)	describe your current mood in 3 words	1 behavioral change you can make

DBT Bingo

1 way you respect other peoples' boundaries	1 long term goal you have (1 year or more)	1 way to take care of your body	1 boundary you set with strangers	1 harmful thought + a reframe
1 person you love	1 way to cool down when you're angry	name a movie/show you like	1 short term goal you have (less than 1 year)	What is your favorite part of your day?
1 coping skill you need to work on	1 thing you are proud of yourself for	FREE SPACE	3 things you are grateful for	1 boundary you set with family/friends
favorite song	favorite food	1 thing you can do better today than you did yesterday	positive aspiration that keeps you going	2 books you like
describe your current mood in 3 words	give yourself 1 appropriate compliment	1 person to call for help/support	1 cognitive distortion you struggle with	1 behavioral change you can make

Bingo Card ID 013

DBT Bingo

3 things you are grateful for	1 person to call for help/support	1 coping skill you have	1 way to cool down when you're angry	1 person you love
favorite song	1 cognitive distortion you struggle with	1 coping skill you need to work on	favorite food	give someone else 1 appropriate compliment (not about looks)
1 way to take care of your body	1 way you respect other peoples' boundaries	FREE SPACE	How do you use TIPP skills?	2 books you like
1 harmful thought + a reframe	1 long term goal you have (1 year or more)	1 behavioral change you can make	1 way to take care of your mind	1 boundary you set with family/friends
describe your current mood in 3 words	1 short term goal you have (less than 1 year)	1 boundary you set with strangers	1 thing you can do better today than you did yesterday	1 thing you are proud of yourself for

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Bingo Card ID 014

DBT Bingo

1 person you love	1 coping skill you have	favorite song	positive aspiration that keeps you going	1 thing you are proud of yourself for
1 cognitive distortion you struggle with	3 things you are grateful for	1 way to cool down when you're angry	1 way to take care of your body	2 activities that help you practice DBT skills
1 short term goal you have (less than 1 year)	1 harmful thought + a reframe	FREE SPACE	What is your favorite part of your day?	give yourself 1 appropriate compliment
1 behavioral change you can make	1 thing you can do better today than you did yesterday	1 way you respect other peoples' boundaries	1 way to take care of your mind	1 boundary you set with family/friends
describe your current mood in 3 words	How do you use TIPP skills?	1 coping skill you need to work on	2 books you like	favorite food

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Bingo Card ID 015

DBT Bingo

1 long term goal you have (1 year or more)	1 person to call for help/support	1 thing you can do better today than you did yesterday	1 boundary you set with strangers	2 activities that help you practice DBT skills
1 way you respect other peoples' boundaries	describe your current mood in 3 words	1 way to cool down when you're angry	1 boundary you set with family/friends	positive aspiration that keeps you going
1 coping skill you need to work on	1 way to take care of your body	FREE SPACE	name a movie/show you like	1 coping skill you have
How do you use TIPP skills?	favorite song	1 short term goal you have (less than 1 year)	3 things you are grateful for	2 books you like
something that provides you emotional support	1 harmful thought + a reframe	favorite food	1 behavioral change you can make	What is your favorite part of your day?

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Bingo Card ID 016

DBT Bingo

1 boundary you set with family/friends	1 thing you are proud of yourself for	1 way to take care of your body	1 harmful thought + a reframe	favorite food
give someone else 1 appropriate compliment (not about looks)	describe your current mood in 3 words	What is your favorite part of your day?	something that provides you emotional support	positive aspiration that keeps you going
3 things you are grateful for	give yourself 1 appropriate compliment	FREE SPACE	favorite song	1 way to cool down when you're angry
2 activities that help you practice DBT skills	1 behavioral change you can make	1 way to take care of your mind	1 thing you can do better today than you did yesterday	1 way you respect other peoples' boundaries
2 books you like	1 person you love	1 short term goal you have (less than 1 year)	name a movie/show you like	How do you use TIPP skills?

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Bingo Card ID 017

DBT Bingo

1 way to take care of your body	1 thing you can do better today than you did yesterday	favorite food	favorite song	1 coping skill you have
1 coping skill you need to work on	1 boundary you set with strangers	1 long term goal you have (1 year or more)	How do you use TIPP skills?	1 person to call for help/support
1 person you love	1 way to cool down when you're angry	FREE SPACE	1 behavioral change you can make	1 short term goal you have (less than 1 year)
positive aspiration that keeps you going	1 thing you are proud of yourself for	1 way you respect other peoples' boundaries	give yourself 1 appropriate compliment	give someone else 1 appropriate compliment (not about looks)
1 cognitive distortion you struggle with	1 way to take care of your mind	What is your favorite part of your day?	2 activities that help you practice DBT skills	describe your current mood in 3 words

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Bingo Card ID 018

DBT Bingo

1 thing you are proud of yourself for	1 boundary you set with strangers	1 behavioral change you can make	3 things you are grateful for	1 coping skill you have
1 way to cool down when you're angry	2 books you like	1 way to take care of your body	1 way to take care of your mind	2 activities that help you practice DBT skills
describe your current mood in 3 words	1 thing you can do better today than you did yesterday	FREE SPACE	1 person you love	1 person to call for help/support
1 short term goal you have (less than 1 year)	How do you use TIPP skills?	1 harmful thought + a reframe	give someone else 1 appropriate compliment (not about looks)	give yourself 1 appropriate compliment
1 long term goal you have (1 year or more)	name a movie/show you like	1 coping skill you need to work on	1 cognitive distortion you struggle with	favorite food

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Bingo Card ID 019

DBT Bingo

give someone else 1 appropriate compliment (not about looks)	1 harmful thought + a reframe	1 short term goal you have (less than 1 year)	favorite song	1 person you love
1 thing you are proud of yourself for	1 cognitive distortion you struggle with	1 person to call for help/support	1 coping skill you have	positive aspiration that keeps you going
1 way to cool down when you're angry	1 way to take care of your mind	FREE SPACE	2 activities that help you practice DBT skills	favorite food
give yourself 1 appropriate compliment	2 books you like	1 coping skill you need to work on	1 way you respect other peoples' boundaries	How do you use TIPP skills?
1 long term goal you have (1 year or more)	1 boundary you set with family/friends	3 things you are grateful for	1 behavioral change you can make	1 thing you can do better today than you did yesterday

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Bingo Card ID 020

DBT Bingo

something that provides you emotional support	1 harmful thought + a reframe	How do you use TIPP skills?	1 way to cool down when you're angry	1 way to take care of your body
1 way you respect other peoples' boundaries	1 behavioral change you can make	1 long term goal you have (1 year or more)	name a movie/show you like	1 way to take care of your mind
1 boundary you set with strangers	1 thing you can do better today than you did yesterday	FREE SPACE	favorite song	give yourself 1 appropriate compliment
What is your favorite part of your day?	3 things you are grateful for	1 thing you are proud of yourself for	1 short term goal you have (less than 1 year)	1 person to call for help/support
1 cognitive distortion you struggle with	describe your current mood in 3 words	favorite food	2 activities that help you practice DBT skills	1 boundary you set with family/friends

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DBT Bingo

How do you use TIPP skills?	positive aspiration that keeps you going	1 way to take care of your mind	1 way to take care of your body	1 long term goal you have (1 year or more)
2 books you like	2 activities that help you practice DBT skills	1 thing you can do better today than you did yesterday	describe your current mood in 3 words	1 boundary you set with family/friends
give yourself 1 appropriate compliment	1 coping skill you have	FREE SPACE	give someone else 1 appropriate compliment (not about looks)	1 coping skill you need to work on
1 cognitive distortion you struggle with	1 person you love	favorite song	name a movie/show you like	favorite food
1 way you respect other peoples' boundaries	1 behavioral change you can make	3 things you are grateful for	something that provides you emotional support	1 way to cool down when you're angry

DBT Bingo

1 thing you are proud of yourself for	1 behavioral change you can make	1 coping skill you have	1 person you love	1 thing you can do better today than you did yesterday
1 way to take care of your mind	1 way you respect other peoples' boundaries	1 boundary you set with strangers	1 person to call for help/support	1 boundary you set with family/friends
favorite food	3 things you are grateful for	FREE SPACE	2 books you like	What is your favorite part of your day?
1 short term goal you have (less than 1 year)	give someone else 1 appropriate compliment (not about looks)	1 cognitive distortion you struggle with	1 way to cool down when you're angry	name a movie/show you like
positive aspiration that keeps you going	something that provides you emotional support	How do you use TIPP skills?	give yourself 1 appropriate compliment	describe your current mood in 3 words

DBT Bingo

1 short term goal you have (less than 1 year)	1 person you love	1 behavioral change you can make	1 way you respect other peoples' boundaries	give yourself 1 appropriate compliment
1 cognitive distortion you struggle with	How do you use TIPP skills?	favorite food	2 activities that help you practice DBT skills	describe your current mood in 3 words
3 things you are grateful for	1 person to call for help/support	FREE SPACE	something that provides you emotional support	1 thing you are proud of yourself for
positive aspiration that keeps you going	1 harmful thought + a reframe	1 long term goal you have (1 year or more)	1 way to cool down when you're angry	give someone else 1 appropriate compliment (not about looks)
favorite song	What is your favorite part of your day?	1 way to take care of your mind	name a movie/show you like	1 way to take care of your body

DBT Bingo

What is your favorite part of your day?	2 activities that help you practice DBT skills	1 harmful thought + a reframe	1 boundary you set with strangers	something that provides you emotional support
1 short term goal you have (less than 1 year)	give yourself 1 appropriate compliment	1 way to take care of your body	1 way to take care of your mind	1 thing you can do better today than you did yesterday
favorite song	describe your current mood in 3 words	FREE SPACE	1 coping skill you have	1 way to cool down when you're angry
1 long term goal you have (1 year or more)	1 thing you are proud of yourself for	1 way you respect other peoples' boundaries	1 person to call for help/support	1 behavioral change you can make
1 cognitive distortion you struggle with	give someone else 1 appropriate compliment (not about looks)	1 person you love	1 coping skill you need to work on	name a movie/show you like

Bingo Card ID 025

DBT Bingo

2 activities that help you practice DBT skills	1 way to cool down when you're angry	give yourself 1 appropriate compliment	describe your current mood in 3 words	1 coping skill you have
positive aspiration that keeps you going	1 cognitive distortion you struggle with	1 person to call for help/support	1 thing you are proud of yourself for	1 behavioral change you can make
1 person you love	name a movie/show you like	FREE SPACE	favorite food	give someone else 1 appropriate compliment (not about looks)
something that provides you emotional support	1 short term goal you have (less than 1 year)	1 way to take care of your body	1 boundary you set with strangers	How do you use TIPP skills?
3 things you are grateful for	What is your favorite part of your day?	favorite song	2 books you like	1 coping skill you need to work on

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Bingo Card ID 026

DBT Bingo

1 behavioral change you can make	1 long term goal you have (1 year or more)	1 person you love	1 harmful thought + a reframe	3 things you are grateful for
1 boundary you set with family/friends	favorite food	1 thing you are proud of yourself for	How do you use TIPP skills?	1 short term goal you have (less than 1 year)
give someone else 1 appropriate compliment (not about looks)	1 coping skill you have	FREE SPACE	1 way you respect other peoples' boundaries	something that provides you emotional support
1 thing you can do better today than you did yesterday	1 cognitive distortion you struggle with	2 activities that help you practice DBT skills	What is your favorite part of your day?	1 way to take care of your mind
1 way to cool down when you're angry	favorite song	1 way to take care of your body	2 books you like	name a movie/show you like

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1 thing you can do better today than you did yesterday	favorite food	1 long term goal you have (1 year or more)	something that provides you emotional support	give yourself 1 appropriate compliment
describe your current mood in 3 words	1 way to cool down when you're angry	positive aspiration that keeps you going	favorite song	How do you use TIPP skills?
1 boundary you set with family/friends	1 behavioral change you can make	FREE SPACE	What is your favorite part of your day?	name a movie/show you like
1 coping skill you have	2 activities that help you practice DBT skills	1 thing you are proud of yourself for	1 cognitive distortion you struggle with	2 books you like
1 person to call for help/support	give someone else 1 appropriate compliment (not about looks)	1 way to take care of your body	1 way to take care of your mind	1 short term goal you have (less than 1 year)

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favorite food	2 books you like	1 short term goal you have (less than 1 year)	1 way you respect other peoples' boundaries	give yourself 1 appropriate compliment
1 harmful thought + a reframe	something that provides you emotional support	give someone else 1 appropriate compliment (not about looks)	describe your current mood in 3 words	What is your favorite part of your day?
How do you use TIPP skills?	1 behavioral change you can make	FREE SPACE	name a movie/show you like	1 way to take care of your body
2 activities that help you practice DBT skills	3 things you are grateful for	1 cognitive distortion you struggle with	1 boundary you set with strangers	1 person you love
1 person to call for help/support	1 coping skill you have	1 long term goal you have (1 year or more)	1 way to cool down when you're angry	1 coping skill you need to work on

Bingo Card ID 029

DBT Bingo

something that provides you emotional support	1 short term goal you have (less than 1 year)	1 boundary you set with strangers	give someone else 1 appropriate compliment (not about looks)	give yourself 1 appropriate compliment
What is your favorite part of your day?	positive aspiration that keeps you going	1 behavioral change you can make	1 long term goal you have (1 year or more)	1 coping skill you have
1 boundary you set with family/friends	1 thing you are proud of yourself for	FREE SPACE	1 cognitive distortion you struggle with	1 person to call for help/support
1 way to cool down when you're angry	name a movie/show you like	1 way to take care of your body	favorite song	describe your current mood in 3 words
1 harmful thought + a reframe	3 things you are grateful for	2 activities that help you practice DBT skills	How do you use TIPP skills?	favorite food

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1 way to take care of your mind	1 long term goal you have (1 year or more)	1 boundary you set with family/friends	1 harmful thought + a reframe	give yourself 1 appropriate compliment
How do you use TIPP skills?	1 way to take care of your body	describe your current mood in 3 words	1 coping skill you need to work on	1 short term goal you have (less than 1 year)
favorite food	1 thing you can do better today than you did yesterday	FREE SPACE	1 way to cool down when you're angry	1 coping skill you have
name a movie/show you like	2 books you like	positive aspiration that keeps you going	1 boundary you set with strangers	1 thing you are proud of yourself for
3 things you are grateful for	2 activities that help you practice DBT skills	1 person you love	1 cognitive distortion you struggle with	1 behavioral change you can make

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