

Name: _____

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CBT Word Search

I L A B D M I N D F U L N E S S Z E B X E F B C
M L Q P Y E P H E A L T H Y F E E L I N G S M R
H Y F L R R U G A E Q D R C C J Q C X O N K G I
R X N B Q Z R R C A M E X Y A B P H R U Q U B S
J L A O Y O T G J S U F R R F R X A T S W N L I
O J C X V S J M L J S U P W Q F E L M G G H Z S
U G R A T I T U D E S S Y H Y J R L C U A E M P
R H W M E L T C H S K I P I A U O E K J P A W L
N J M U E I D M C I R N U J P P P N A O V L O A
A H V S B L X M D Y X G Z X S Y X G E T H T W N
L U E C N G I W G Q U S B K M N Z I L Y G H P F
I N L L G W Q Q X Z A C P H J S T N H O A Y V R
N A R E M D E E P B R E A T H I N G H A M F L W
G Q B R L H O H V W N N P Y Q T O T S A O E Z S
P G H E L I C O P T E R V I E W G H C Z X E Z P
R X E L E V H B W W B O X U Z T S O V H C L F O
Y E N A T D I S T R A C T I O N X U B O L I Q R
L Q I X Y F I I N N B K K G X Z L G X Y X N I T
C S G A D D T U I A N B Z J K E P H E W K G F G
K N M T Z O J E Y O W B P C W U H T T D X S A O
G P M I T H I N K I N G E R R O R S I R C E M A
O I Z O E K X V I D R V D Y V T K J W E H W N L
K K Z N J Z V Y E A Y H F K C H S H K I W S P S
W Q A F P Q Y N X L M Y A O C A W S I X E W Q O

Challenging thoughts
Healthy feelings
Deep breathing
Distraction
Journaling

Unhealthy feelings
Helicopter View
Mindfulness
Crisis Plan
Defusing

Muscle Relaxation
Thinking Errors
SPORT goals
Gratitudes