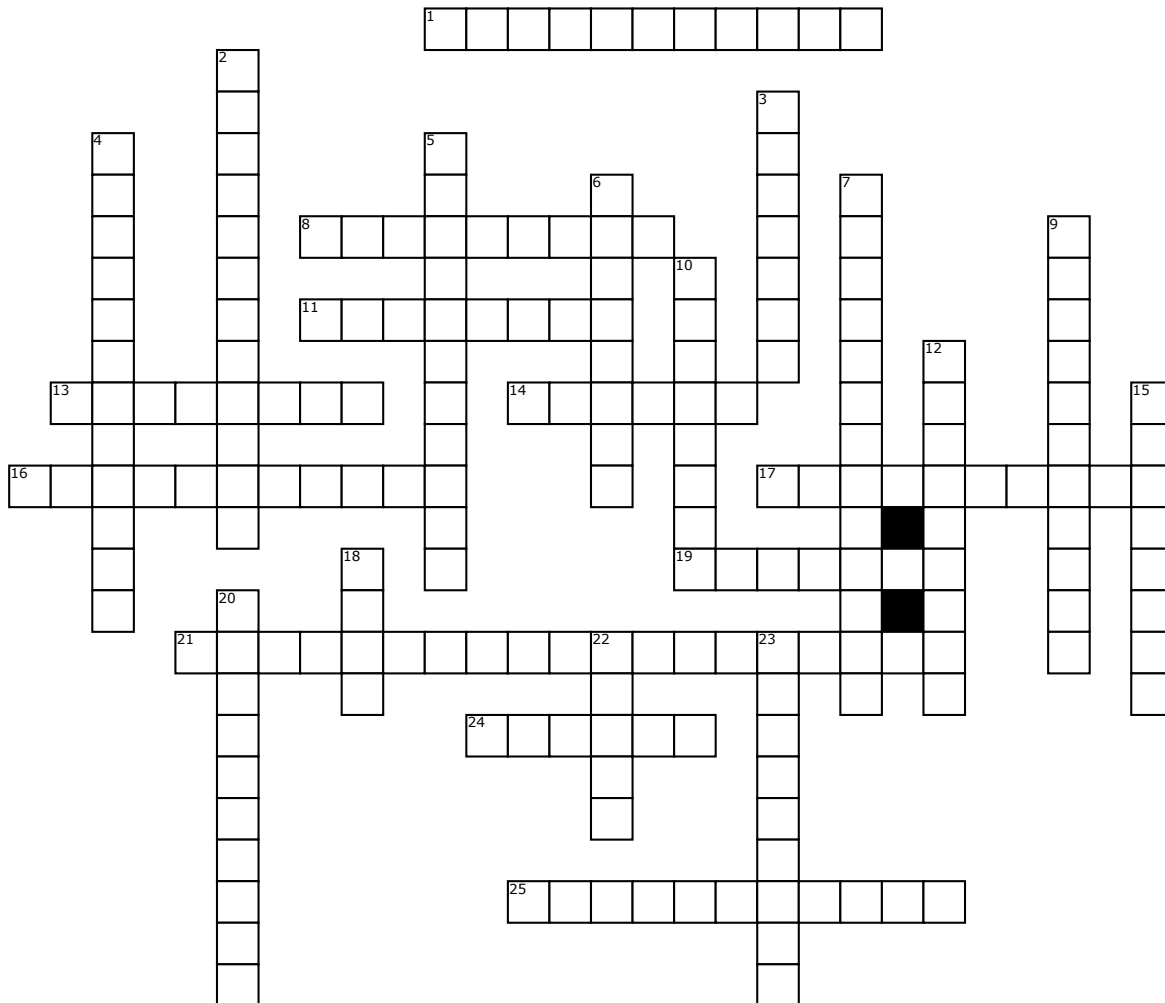


# DBT Crossword



## **Across**

1. The "C" in ABC
8. Two opposite ideas can be true at the same time
11. Important to do this when acknowledging someone else's experience
13. The "V" in IMPROVE
14. Severe behavioral Dyscontrol
16. The "T" in TIPP
17. Observe, Participate, Describe
19. Skill to ask for something effectively
21. Core belief in DBT
24. Misery

25. Being "in the moment", fully "present"

## **Down**

2. The "B" in ABC
3. \_\_\_\_\_ Acceptance
4. "Cool", ruled by thinking, facts, and logic
5. Listen carefully to Wise mind, doing just what is needed, no more and no less, allowing the world to be what it is
6. The "How" of DEARMAN
7. "Hot", ruled by feelings and urges
9. The opposite of "doing what works", giving up, refusing to change

10. When you synthesize your emotional mind and your logical mind
12. Vision, hearing, smell, taste, touch, movement
15. Observe, \_\_\_\_\_, Participate
18. Temperature, Intense Aerobic Exercise, Paced Breathing, Progressive Muscle Relaxation
20. The "A" in ABC
22. Secondary Emotion
23. One Mindfully, Non-Judgementally, Effectively