

Name: _____

Date: _____

DBT RULES!

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

ATTEND TO RELATIONSHIPS
 RADICAL ACCEPTANCE
 CRISIS SURVIVAL
 PARTICIPATE
 EFFECTIVELY
 PROS AND CONS
 SELF SOOTHE
 ICEWORKS
 ACCEPTS

BENIGN INTERPRETATION
 NONJUDGMENTALLY
 ONE MINDFULLY
 MINDFULNESS
 WILLINGNESS
 EASY MANNER
 DESCRIBE
 OBSERVE
 GENTLE

REDUCE VULNERABILITY
 PLEASANT EVENTS
 ACT OPPOSITE
 GOAL SETTING
 TURN THE MIND
 VALIDATION
 SURFURGE
 IMPROVE
 TIP