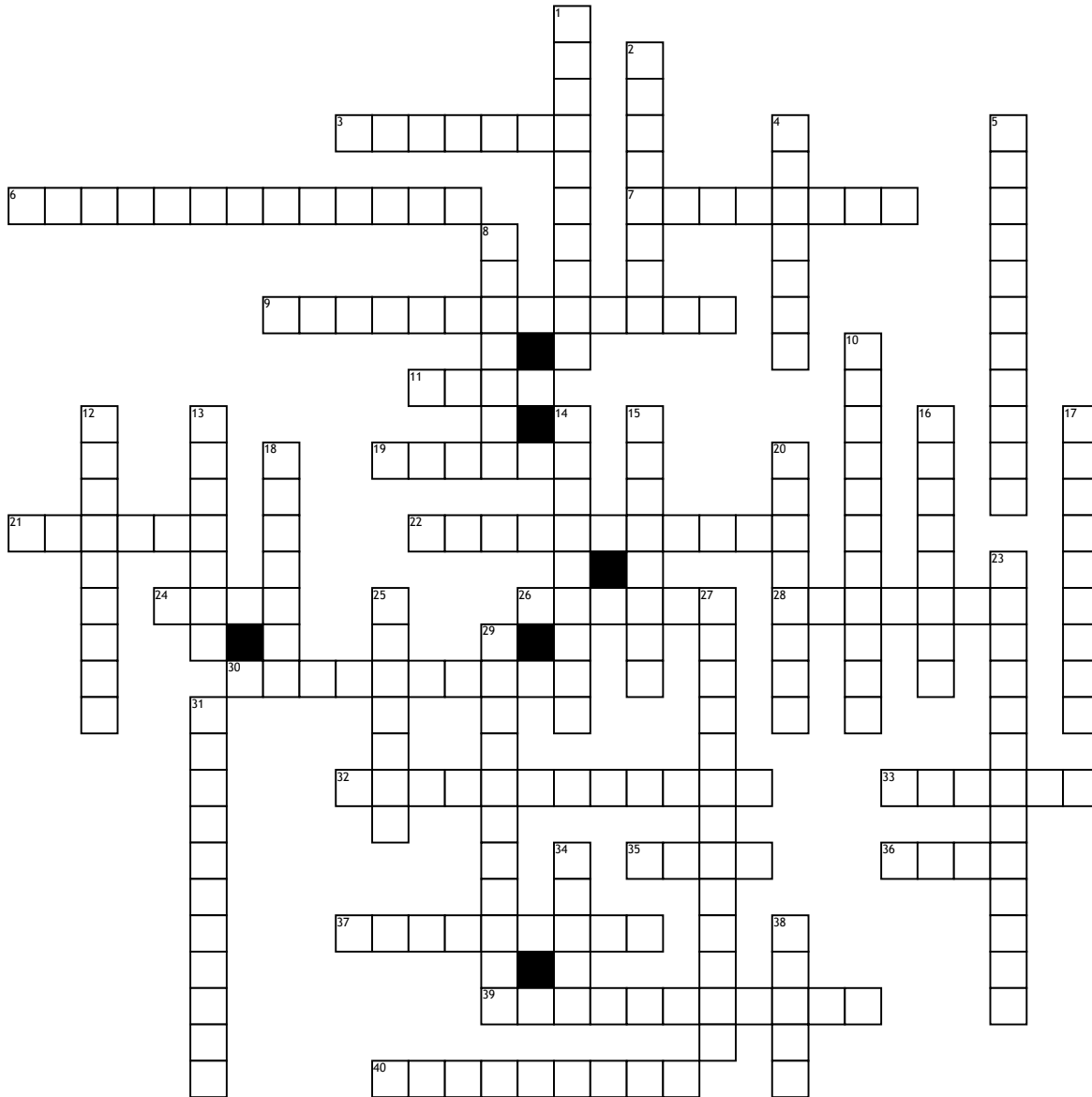


DBT Skills



Across

3. What does 'M' stand for in MEDDSS?
 6. Connected with relationships or communications between people.
 7. being able to organize one's experiences in concrete, specific and non-judgmental specific ways.
 9. The ability to cheer lead oneself.
 11. What is the first 'D' in the acronym MEDDSS?
 19. What does 'P' stand for in IMPROVE?
 21. What does 'G' stand for in the acronym GIVE?
 22. Evaluating one's coping styles in contrast to another's coping style.
 24. What does the 'F' stand for in the acronym FAST in relation to the self?
 26. Acceptance of reality requires an act of what?
 28. Ability to apologies, accept apologies, and letting things go in DBT.
 30. Doing things that make you feel competent and self-confident helps battle this.
 32. Connection and meaning.
 33. The act of being courteous and temperate in one's approach?
 35. Riding the _____ -- going through something without acting on it.
 36. What does 'C' stand for in the acronym ABC?
 37. Building _____. -- "allowing yourself to connect with your surroundings or to the person you're talking to."

39. Pride and confidence in oneself. (2 words)
 40. What does 'N' stand for in the acronym DEAR MAN?

Down

1. The ability to use a little humor in relationship effectiveness. (2 words)
 2. What does 'V' stand for in the acronym GIVE?
 4. _____ the mind -- "I am in the driver's seat".
 5. What is the word for logical discussion of ideas and opinions?
 8. What does 'I' stand for in the acronym IMPROVE?
 10. Engaging fully in a single activity at a time.
 12. What does 'R' stand for in the acronym DEAR MAN?
 13. The suicide researcher who founded DBT in the late 1970s.
 14. This practice helps provide more oxygen to the mind and body.
 15. build _____ emotions. -- "do pleasant things that are possible now."
 16. The act of balancing both the rational and the emotional mind. (2 words)
 17. _____ priorities versus demands.
 18. The ability to notice what is happening both within and outside of ourselves.
 20. Extreme anxiety, sorrow, or pain.
 23. Range of mental treatments that can aid with mental health issues, emotional difficulties, and even some psychiatric disorders.

25. What does 'T' stand for in the acronym DBT?
 27. The ability to produce a desired and successful result.
 29. The practice of accepting reality, a bad day, or things not going your way.
 31. The practice of bringing one's attention to the present moment without judgement.
 34. One of the senses in self-soothing that has something to do with freshly baked cookies.
 38. Father of psychoanalysis.