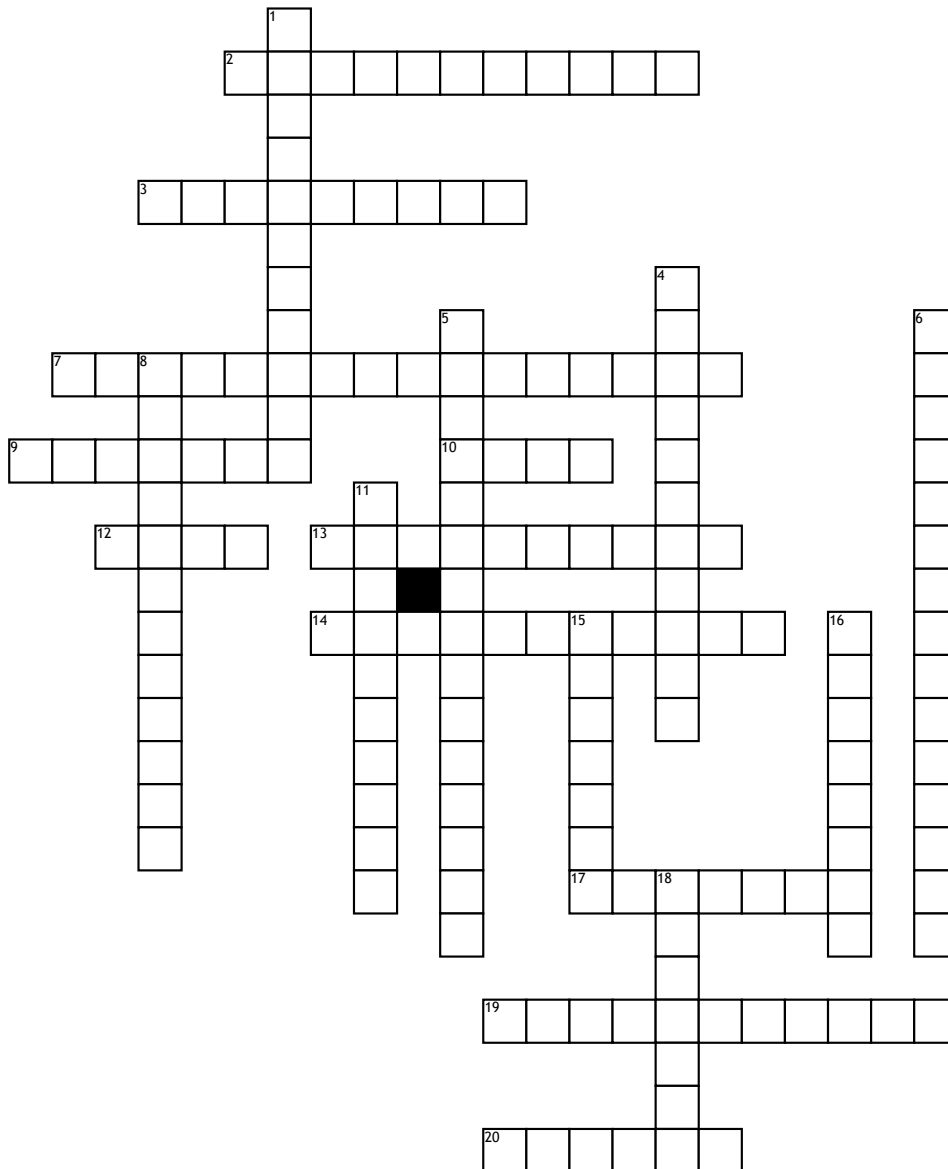


Name: _____

Date: _____

DBT Skills Crossword



Across

2. Doing a crossword would use which skill?
3. What can we do to practice willingness?
7. What does the "P" stand for in the STOP skill?
9. Distract with "Wise Mind..."
10. The emotion you feel if gets things you don't have that you want or need.
12. Which skill uses cold water on your face?

13. What is our logical, fact focused mind called?
14. The third "how" skill of mindfulness.
17. What is our hot-headed, reactive mind called?
19. What do we call "both-and" thinking?
20. What do you self-soothe with?

Down

1. When we pay attention to the here and now.
4. What is the opposite of willingness?

5. What does the "I" stand for in TIPP?
6. The 'calm' part of the central nervous system.
8. In Mindfulness what is it called when we focus on one thing at a time?
11. To nurture yourself when in distress.
15. Which skill involves imagining a safe room?
16. Which mind brings together emotion and reason?
18. The first "what" skill of mindfulness.