

Name: _____

Date: _____

DBT Skills Word Search

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

Objective Effectiveness
turning the mind
willingness
awareness
describe

nonjudgmental stance
effectiveness
participate
distract
wisemind

radical acceptance
self soothe
half smile
emotions
please