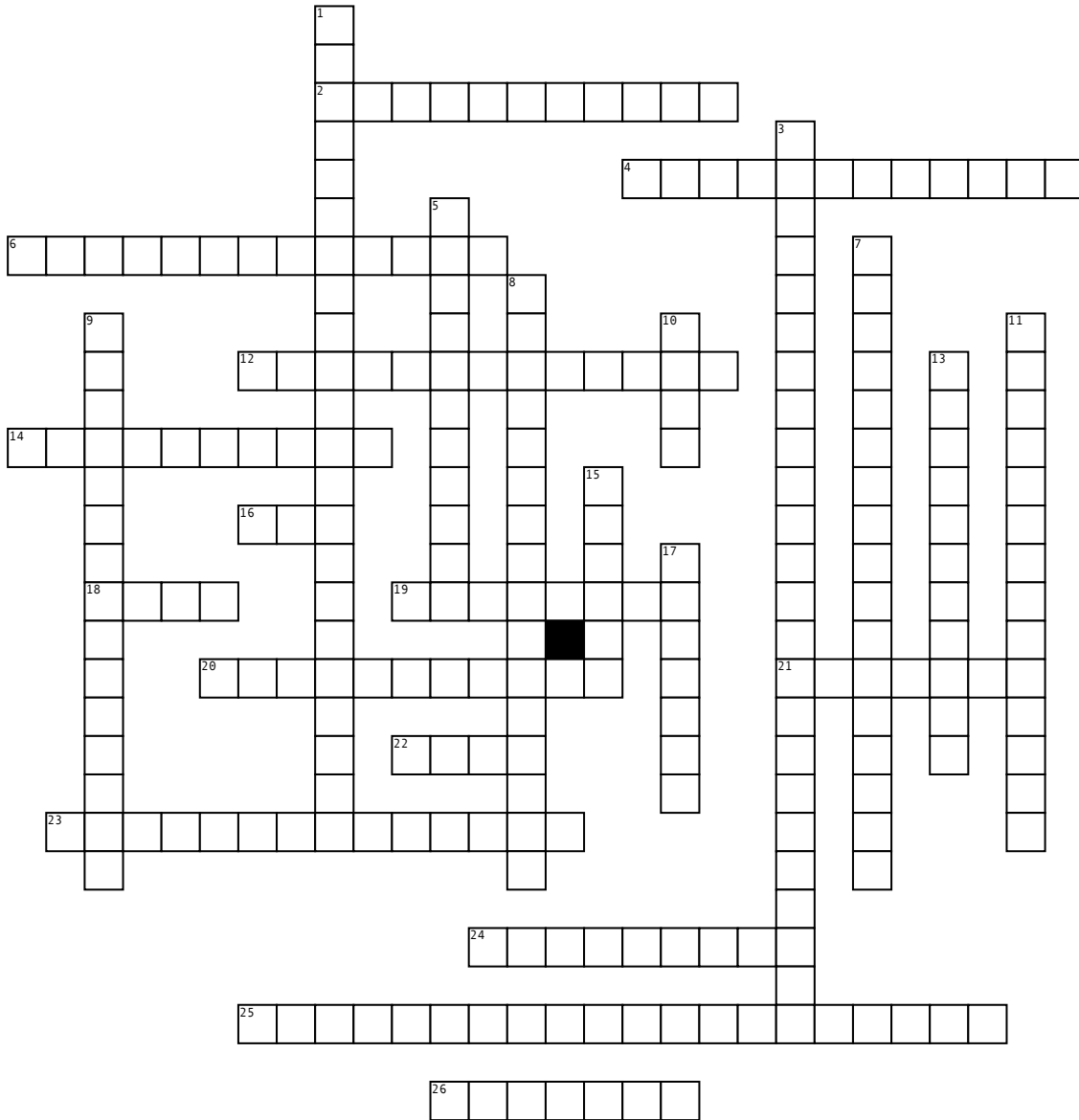


DBT Skills



Across

2. Rehearse a plan ahead of time
 4. Concentrate on one thing at a time
 6. Many colorful circles
 12. Lessen the feelings, stick to the facts
 14. Use your five senses
 16. Tip the temperature of your face, intense exercise, paced breathing, paired muscle relaxation
 18. Be nice and respectful, listen and appeared interested
 19. Turning something sour into something great
 20. Become one with the experience and forget yourself

21. Imagery, meaning, prayer, relaxation
 22. Be fair to yourself and others, don't over apologize
 23. Using Check the Facts and coming up with a solution
 24. Accept reality with your body, a tense smile is a grin
 25. Notice what you feel, but do not judge
 26. Ways to distract yourself
- Down**
1. Finding the pleasurable and fun
 3. The tug of war, being open and accepting
 5. Sitting on the surfboard of emotions

7. Finding Acceptance
 8. Move away from being reactive and move towards being more responsive
 9. Do things that make you feel competent and effective to combat helplessness and hopelessness
 10. Stop, take a step back, observe, proceed mindfully
 11. Facing a fork in the road-rejection versus acceptance
 13. Taking a look at all sides of things
 15. Care for self, eat balanced diet, exercise regularly
 17. Describe, reinforce, negotiate