

Name: _____

Date: _____

DBT Words

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

SQUARE OF FOUR RELAXATION
POST-ACUTE WITHDRAWAL
RELAPSE PERVENTION
INTERPRETATIONS
GOAL SETTING
MINDFULNESS
JOURNALING
EDUCATION
EMOTIONS
CHANGE

MEDICATION EDUCATION
RADICAL ACCEPTANCE
PHYSICAL ACTIVITY
COMMUNITY GROUP
EXPERIENTIAL
FLEXIBILITY
ACCEPTANCE
THOUGHTS
WELLNESS
DBT

EMOTIONAL REGULATION
DISTRESS TOLERANCE
HEALTH EDUCATION
SUBSTANCE ABUSE
DISTRACTION
ABC PLEASE
RELAXATION
SCHEDULE
BREATHE