

Name: _____

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DBT Wordsearch

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

EMOTIONREGULATION
EFFECTIVELY
MINDFULNESS
SELFSOOTHE
DESCRIBE
DEARMAN
STRONG
GIVE

DISTRESSTOLERANCE
DIALECTICAL
MEDITATION
HOWSKILLS
MASTERY
OBSERVE
PRAYER
FAST

NONJUDGMENTALLY
PARTICIPATE
ACCEPTANCE
HALFSMILE
IMPROVE
CHANGE
CALMS