

Name: _____

Dbt word search

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

Four x four breathing

Flat tire breathing

Radical acceptance

Wise mind accepts

Ride the wave

Pros and cons

Self sooth

Urge surf

Dear man

Distract

Improve

Please

Think

Give

Tipp