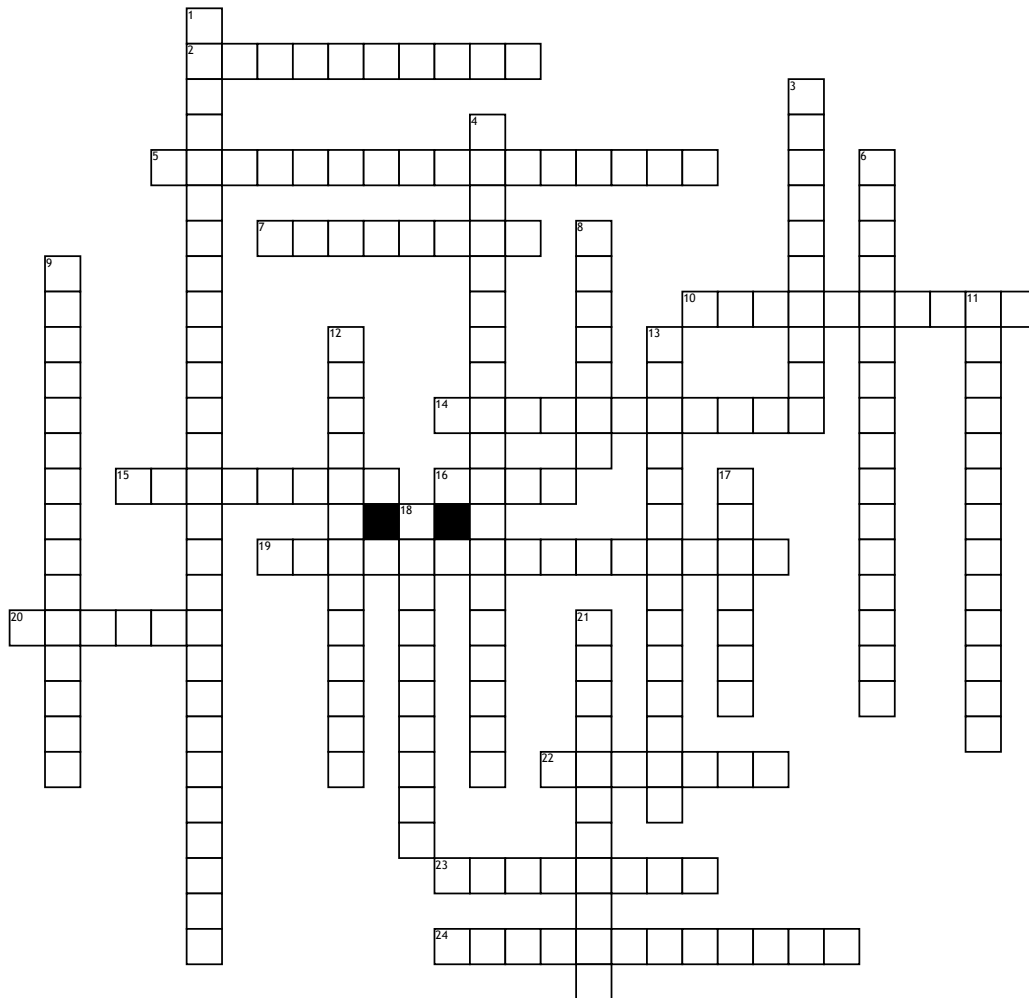


Name: _____

Date: _____

Distress Tolerance Review DBT



Across

- 2. R in Improve
- 5. P in Stop
- 7. T in Accepts
- 10. A in Accepts
- 14. What do you use ACCEPTS for?
- 15. P in Accepts
- 16. S in Stop
- 19. What do you use TIPP for?

- 20. P in Improve
 - 22. M in Improve
 - 23. V in Improve
 - 24. C in Accepts
- ### Down
- 1. Second P in Tipp
 - 3. Second C in Accepts
 - 4. O in Improve
 - 6. E in Accepts
 - 8. I in Improve

- 9. I in Tipp
- 11. E in Improve
- 12. T in Stop
- 13. P in Tipp
- 17. O in Stop
- 18. S in Accepts
- 21. T in Tipp

Word Bank

- | | | | |
|------------------|-------------------------|-------------------------------|------------------|
| Encouragement | Proceed mindfully | Meaning | Prayer |
| Observe | One thing in the moment | Progressive muscle relaxation | Stop |
| Relaxation | Activities | Push Away | Sensations |
| Comparison | Extreme distress | Temperature | Vacation |
| Intense Exercise | Emotions opposite | Thoughts | Imagery |
| Distraction | Contributing | Paced Breathing | Take a step back |