

Name: _____

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

VISUALIZATION

HIGHER POWER

ATTENTION

TOLERANCE

DIALECTIC

DISTRACT

DISTRESS

LEAVING

OBSERVE

IMAGINE

MINDFUL

ACCEPTS

ACTION

VALUES

SENSES

SOOTHE

COPING

TOUCH

RELAX