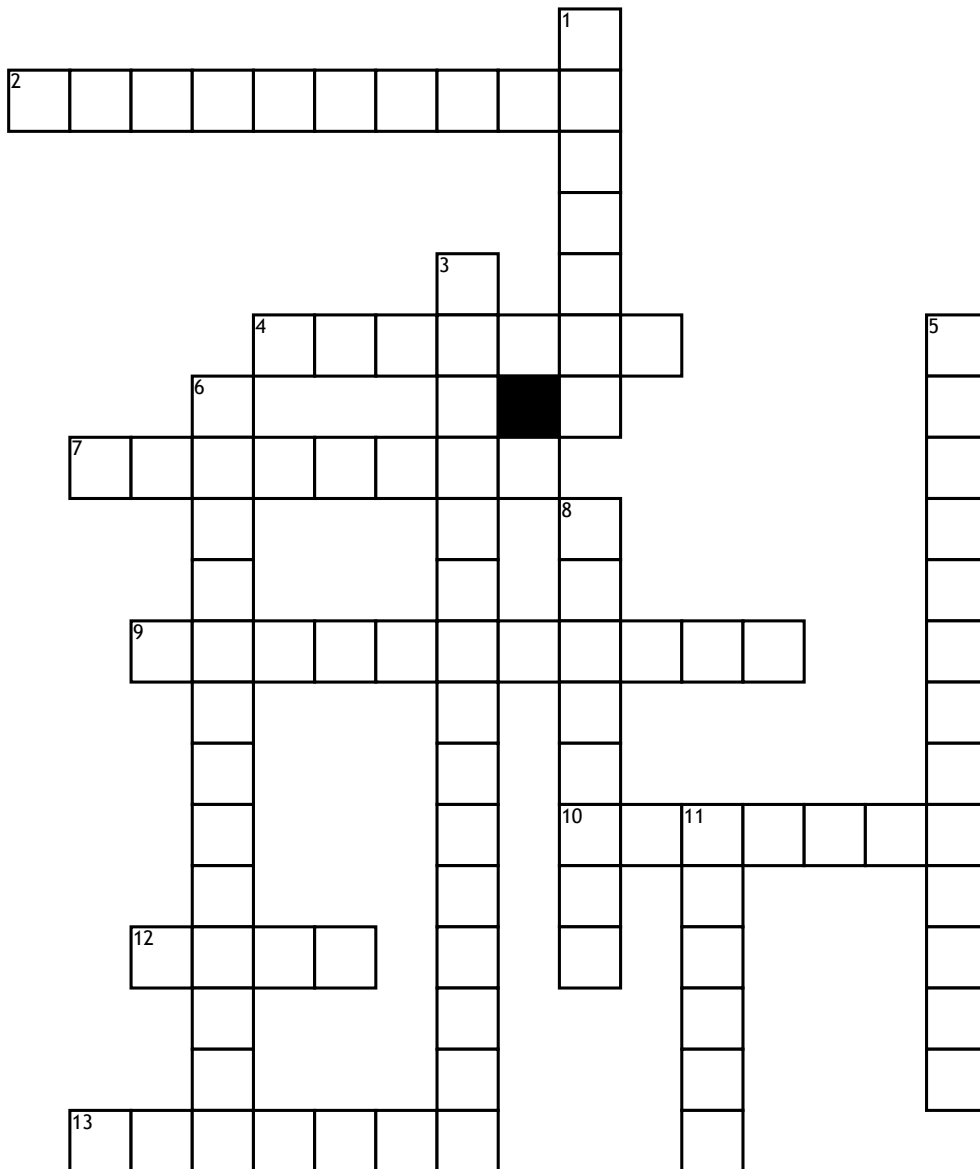


Name: _____

Distress Tolerance



Across

2. What skill can you use when you need to make yourself feel better?
4. What M is gained when you find a reason for something happening?
7. What is the skill that begins with T in wise mind accepts?
9. What do you need to hand when you are not wanting to use your skills?

10. You can make a situation easier to deal with, when you use this skill.

12. When you are in a crisis and you need to change your chemistry, what skill can you use?

13. What is the 'O' in STOP?

Down

1. What sense in self soothe are you using when you listen to music?

3. What skill does the O in improve stand for?

5. What skill are you using with positive self talk?

6. What is the C in wise mind accepts?

8. The American word for a holiday.

11. You can ask for strength or turn it over to a higher power when you use this skill.