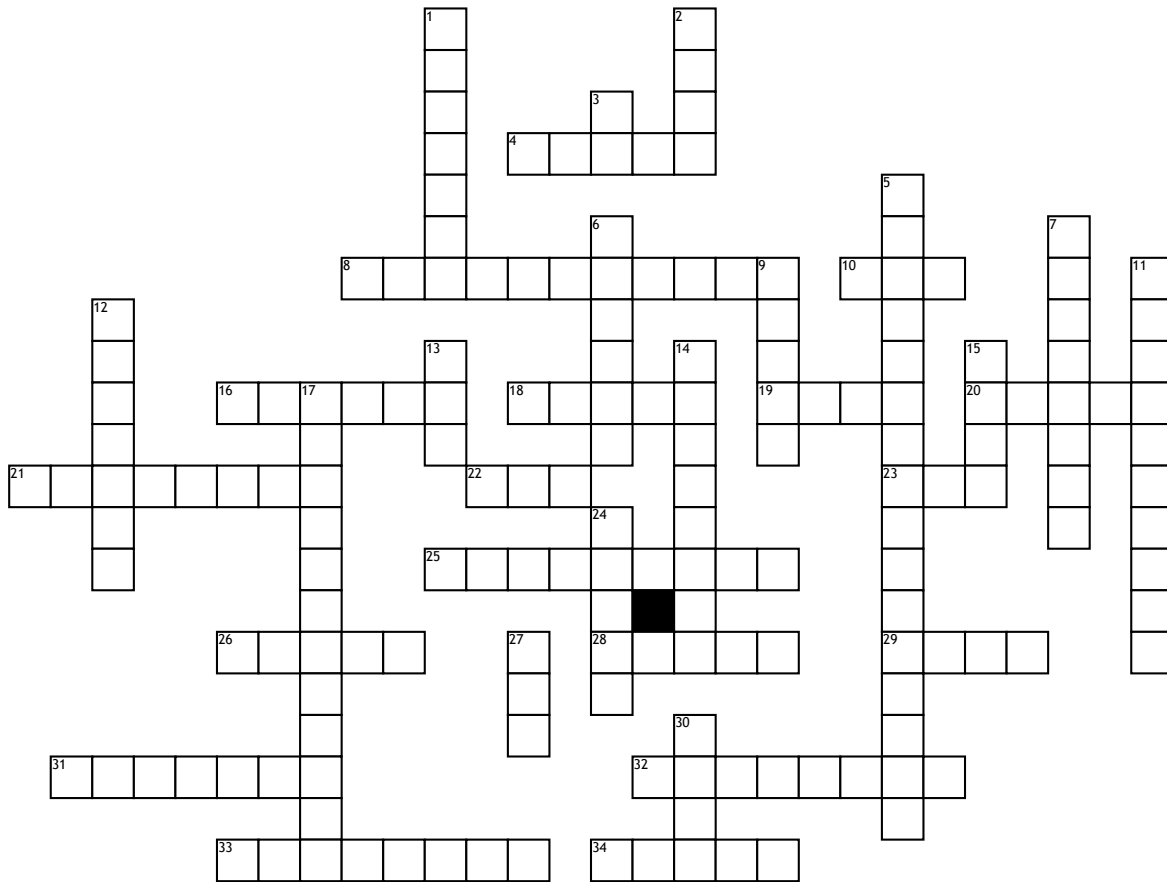


DBT Scavenger Hunt Puzzle



Across

4. Writing down your thoughts, feelings, and experiences at the end of the day
8. The skill you use to "live your life in the present instead of being stuck in the past or future"
10. James' skill
16. Zach
18. Self-soothing skill you use your tongue for
19. Emotional Regulation skill used to plan ahead to reduce anxiety
20. _____ and overcome!!!
21. Jamie
22. Non-judgmentally, One-mindfully, and effectively are ____ skills
23. Dialectical Behavior Therapy

25. You should be _____ everyday!!!
hint*** think imagery, vacation, etc.

26. Meisi

28. _____ the facts!

29. Self-soothing skill you use your ears to do

31. The skill you use when you want to request something or petition to make things better

32. Sione

33. The skill in between emotional mind and rational mind

34. The "S" in PLEASE skill

Down

1. Alan

2. The "P" in IMPROVE skill

3. Acknowledging the reality of your circumstances instead of fighting

5. Marion

6. Exercise...no drugs...sleep...skill

7. The "P" in ACCEPTS skill

9. The "S" in FAST skill

11. Observe, Describe, and Participate are all?

12. Distress Tolerance Crisis Survival skill

13. Josh

14. A WHAT skill used to explain an emotion or situation in detail

15. Fair, apologies/no apologies, stick to values, and truthful skill

17. Seni

24. Self soothing skill you feel with

27. Self-soothing skill you use your eyes to do

30. Gentle, Interested, Validate, and Easy Manner are?