

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# DBT WORD SEARCH

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

Radical acceptance  
negative thinking  
Anger Management  
turn the table  
coping skills  
take a walk  
STOP

list pros and cons  
positive thinking  
ask for a break  
Deep breathing  
Distraction  
Mindfulness  
DBT

Distress tolerance  
flight not fight  
listen to music  
surf the urge  
dont assume  
repair