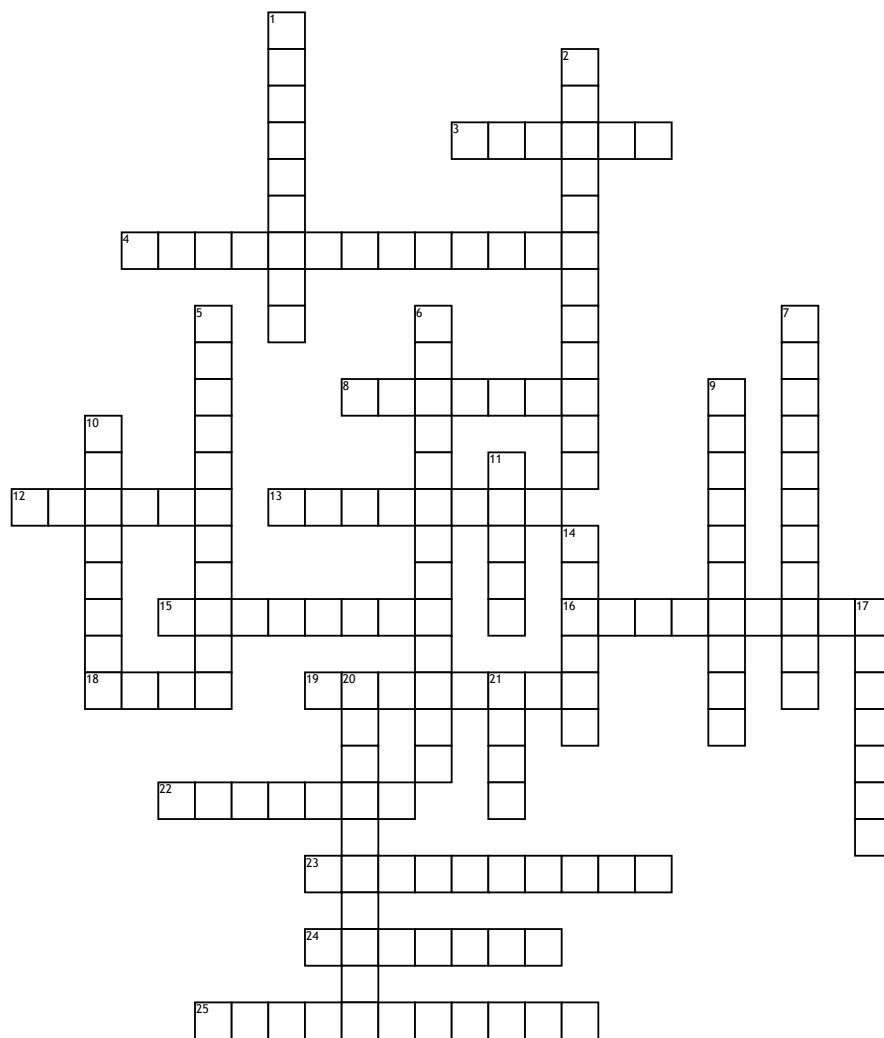


Name: _____ Date: _____

Dialectical Behavior Therapy (mindful effectiveness)



Across

3. the A in DEARMAN (confident)
 4. reinforce
 8. the M in DEARMAN
 12. the A in DEARMAN
 13. the V in GIVE
 15. put words on experience, just facts
 16. the N in DEARMAN
 18. the E in GIVE (manner)
 19. the T in FAST (be)
 22. the E in DEARMAN

23. the I in GIVE

24. just notice & aware in present moment

25. the D in DBT

Down

1. the A in FAST (no)
 2. be in the now, one thing at time, keep awareness
 5. mindful of goals & what works, not let feelings get in the way
 6. see, don't evaluate, acknowledge between helpful or harmful

7. be into activities of current moment

9. clarify goals, relationship & self-respect

10. the D in DEARMAN

11. the S in FAST (to values)

14. the G in GIVE

17. feelings of wise mind

20. logic of wise mind

21. the F in FAST

Word Bank

observe	appear	stick	negotiate	emotion
assert	apologies	easy	dialectical	describe
express	priorities	describe	nonjudgmental	the R in DEARMAN
participate	onemindfully	fair	gentle	effectively
truthful	interested	validate	mindful	reasonable