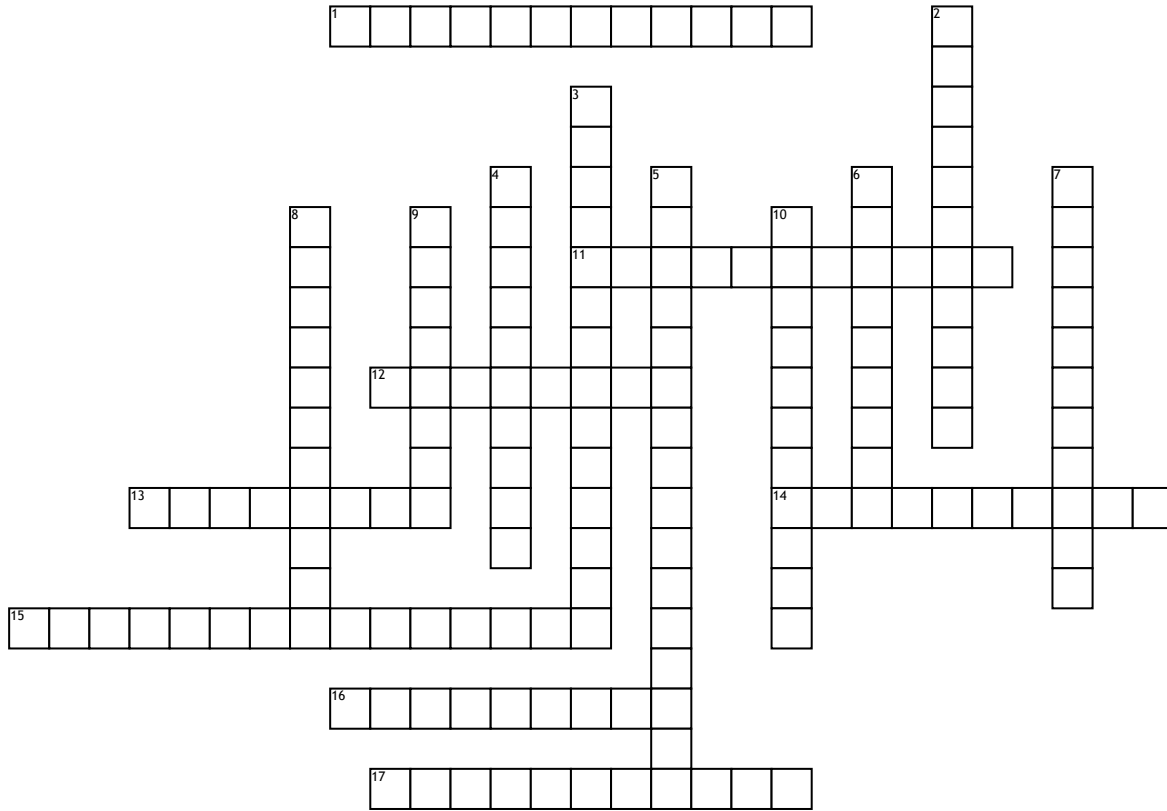


Distress Tolerance Skills



Across

1. Wise Mind skill that means doing something nice for someone

11. Being aware of your body, thoughts, and actions in the present moment

12. The feeling of extreme anxiety, sorry, fear, or pain.

13. Wise Mind skill that means replacing your current thoughts by reading, doing word puzzles, and so on.

14. Wise Mind skill that means doing something to distract yourself from harmful thoughts and feelings

15. American boxer known for his 50-0 fighting record

16. Putting up with, rather than changing or getting rid of, an unwanted situation

17. Wise Mind skill that means comparing your situation to those who are less fortunate than you.

Down

2. A skill used in order to help during times when you feel distressed

3. TV show with Dr. Sandra Lee

4. Wise Mind skill that means intensifying your other sensations to distract yourself from harmful thoughts. This could include chewing ice, listening to loud music, taking a cold shower, and so on.

5. Winning team of the 2020 Superbowl

6. American rapper, married to Kim Kardashian

7. Acting without thinking ahead about the consequences

8. American rapper best known for his songs "Bandit", "Makes No Sense", and "Self Control"

9. Wise Mind skill that means creating different emotions by watching a funny movie/TV show, by listening to upbeat music, being active, and so on.

10. Wise Mind skill that means pushing the painful situation out of your mind temporarily by moving your attention and thoughts to something different.