DBT Crossword

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  | 1  C | O | P | I | N | G | A | H | E | A | D |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 2  B |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | U |  |  |  |  |  |  |  |  |  |  |  |  | 3  R |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 4  R |  |  | I |  |  |  |  | 5  W |  |  |  |  |  |  |  | A |  |  |  |  |  |  |  |  |  |  |
|  |  |  | A |  |  | L |  |  |  |  | I |  |  |  | 6  G |  |  |  | D |  | 7  E |  |  |  |  |  |  |  |  |
|  |  |  | T |  |  | D |  | 8  D | I | A | L | E | C | T | I | C |  |  | I |  | M |  |  |  |  | 9  W |  |  |  |
|  |  |  | I |  |  | M |  |  |  |  | L |  |  |  | V |  | 10  W |  | C |  | O |  |  |  |  | I |  |  |  |
|  |  |  | O |  |  | A |  | 11  V | A | L | I | D | A | T | E |  | I |  | A |  | T |  |  |  |  | L |  |  |  |
|  |  |  | N |  |  | S |  |  |  |  | N |  |  |  | F |  | S |  | L |  | I |  | 12  S |  |  | L |  |  |  |
|  |  | 13  V | A | C | A | T | I | O | N |  | G |  | 14  S | T | A | G | E | 1 |  |  | O |  | I |  |  | F |  | 15  D |  |
|  |  |  | L |  |  | E |  |  |  |  | N |  |  |  | S |  | M |  |  |  | N |  | X |  |  | U |  | E |  |
|  | 16  T | E | M | P | E | R | A | T | U | R | E |  |  |  | T |  | I |  | 17  W | H | A | T | S | K | I | L | L | S |  |
|  |  |  | I |  |  | Y |  |  |  |  | S |  |  |  |  |  | N |  |  |  | L |  | E |  |  | N |  | C |  |
|  |  |  | N |  |  |  |  |  | 18  T |  | S |  |  |  |  |  | 19  D | E | A | R | M | A | N |  |  | E |  | R |  |
|  |  |  | D |  |  | 20  A |  |  | I |  |  |  |  |  |  |  |  |  |  |  | I |  | S |  |  | S |  | I |  |
|  |  |  |  |  | 21  A | C | C | E | P | T | A | N | C | E | 22  A | N | D | C | 23  H | A | N | G | E |  |  | S |  | B |  |
|  |  |  |  |  |  | C |  |  | P |  |  |  |  |  | N |  |  |  | O |  | D |  | S |  |  |  |  | E |  |
|  |  |  |  |  |  | U |  |  |  |  |  | 24  S | T | A | G | E | 2 |  | W |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | U |  |  |  |  |  |  |  |  | R |  |  |  | K |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | L |  |  |  |  |  |  |  |  |  |  |  |  | I |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | A |  |  |  |  |  |  | 25  M | I | N | D | F | U | L | N | E | S | S |  |  |  |  |  |  |
|  |  |  |  |  |  | T |  |  |  |  |  |  |  |  |  |  |  |  | L |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | E |  |  |  |  |  |  |  |  |  |  |  |  | S |  |  |  |  |  |  |  |  |  |  |

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| **Across**  **1.** The "C" in ABC  **8.** Two opposite ideas can be true at the same time  **11.** Important to do this when acknowledging someone else's experience  **13.** The "V" in IMPROVE  **14.** Severe behavioral Dyscontrol  **16.** The "T" in TIPP  **17.** Observe, Participate, Describe  **19.** Skill to ask for something effectively  **21.** Core belief in DBT  **24.** Misery  **25.** Being "in the moment", fully "present" | **Down**  **2.** The "B" in ABC  **3.** \_\_\_\_\_\_\_\_ Acceptance  **4.** "Cool", ruled by thinking, facts, and logic  **5.** Listen carefully to Wise mind, doing just what is needed, no more and no less, allowing the world to be what it is  **6.** The "How" of DEARMAN  **7.** "Hot", ruled by feelings and urges  **9.** The opposite of "doing what works", giving up, refusing to change  **10.** When you synthesize your emotional mind and your logical mind  **12.** Vision, hearing, smell, taste, touch, movement  **15.** Observe,\_\_\_\_\_\_\_\_, Participate  **18.** Temperature, Intense Aerobic Exercise, Paced Breathing, Progressive Muscle Relaxation  **20.** The "A" in ABC  **22.** Secondary Emotion  **23.** One Mindfully, Non-Judgementally, Effectively |