DBT Crossword

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