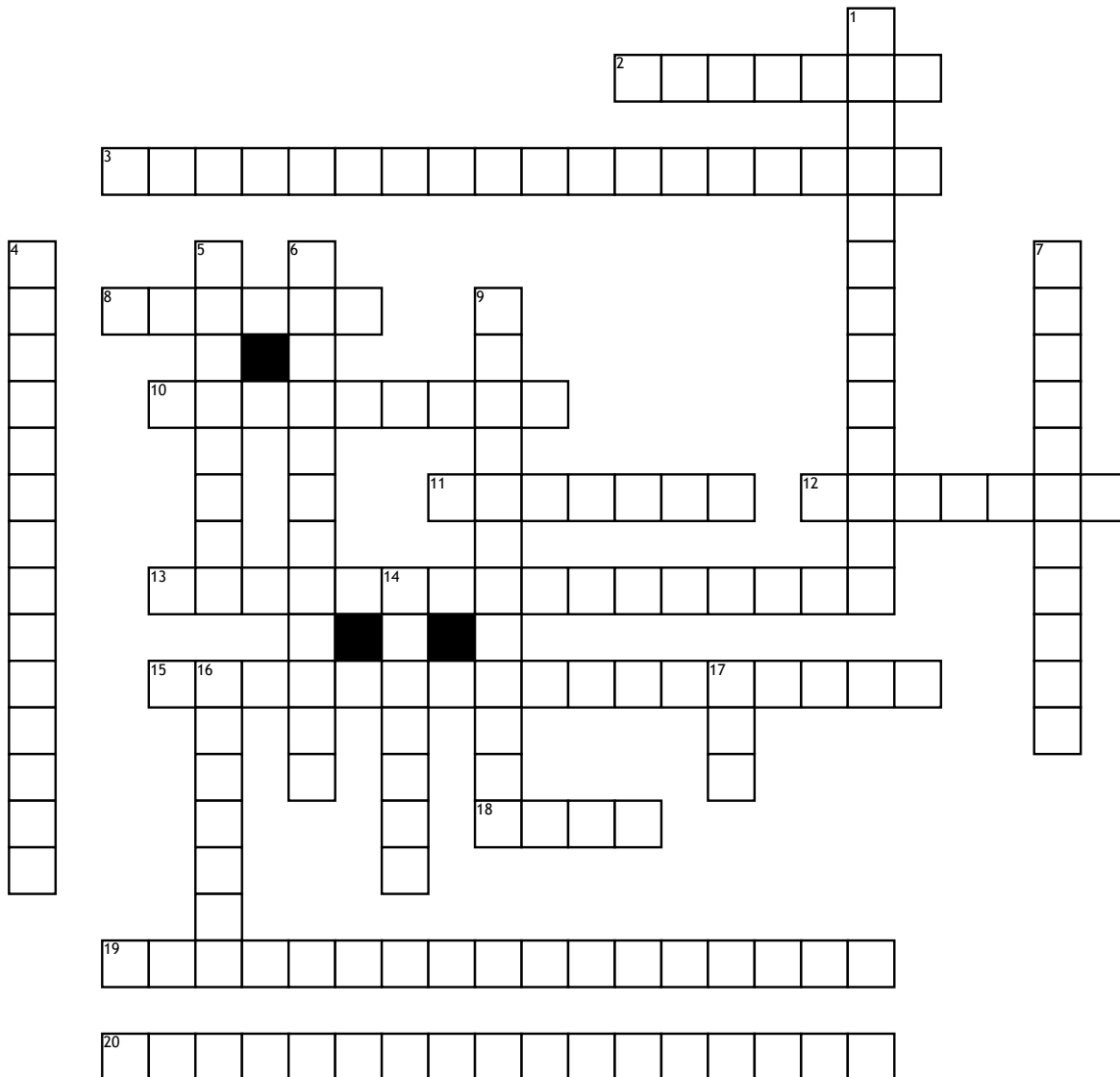


Name: \_\_\_\_\_

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

# Distress Tolerance



## Across

2. Fully open to deal with situation effectively.  
 3. Mindfulness being aware of your body and senses.  
 8. Improving the Moment: looking to a higher place  
 10. Adopt a serene facial expression  
 11. Kicking up your heels, making it worse.  
 12. Improving the Moment: Finding purpose.  
 13. Improving the Moment: Being Present.

15. Letting Go, not necessarily agreeing.

18. Freeze, take a step back, observe, proceed mindfully  
 19. Skills to deal with crisis and not make worse.  
 20. Mindfulness Activity to reduce extreme emotion.

## Down

1. Improving the Moment: Cheerleading yourself.  
 4. Deciding to let go.  
 5. Improving the Moment: Taking a holiday.  
 6. Using the Five Senses.

7. Decide whether to use skills effectively to deal with a situation.

9. Open to doing what needs to be done.  
 14. Improving the Moment: through imagination.  
 16. Distraction Skills.  
 17. Reduce Extreme Emotion Fast.