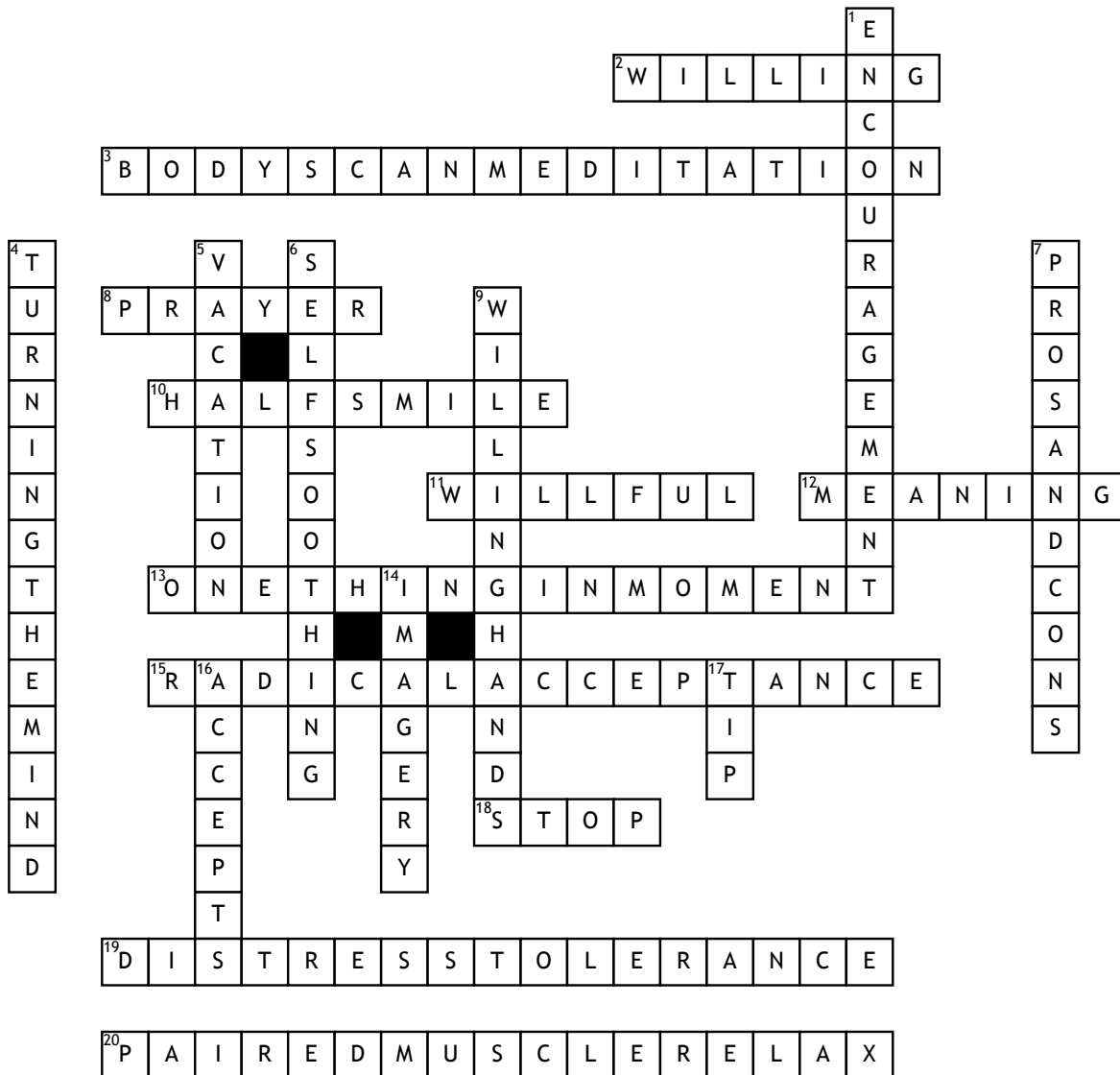


Name: _____

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.