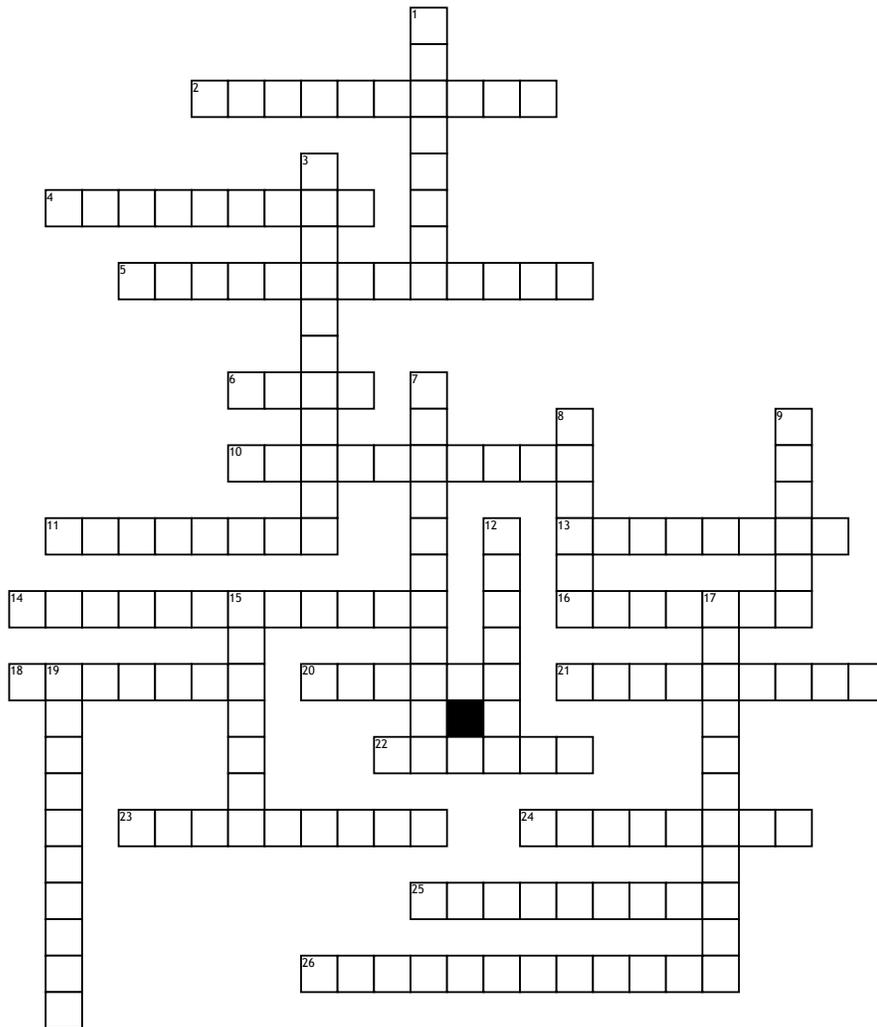


Name: _____

Date: _____

DBT crossword puzzle



Across

- 2. listen & hear their point of view
- 4. opinion DBT
- 5. objective, relationship & self-respect
- 6. validate self & other person
- 10. wise mind logic
- 11. acknowledge with words & actions about their thoughts & feelings
- 13. don't act helpless, nor exaggerate or excuses
- 14. focus on facts, without judge, difference between help or harm
- 16. how you feel in dearman skills
- 18. assert your rights & wishes

- 20. reaffirm dear man; confident voice, tone & good eye contact
- 21. reward yet need the change in dearman
- 22. asking for what want & speaking clearly
- 23. be confident & express the valid
- 24. basic first lesson in DBT
- 25. validate yet reason, able say no, offer solve another way what works
- 26. one thing at time & let go distractions

Down

- 1. put words on experience; who, what, when & where

- 3. keep attention with wisemind
- 7. what & how skills
- 8. be nice & respectful with relationship
- 9. be clear what you believe is moral & stand your ground
- 12. notice how feel & attention
- 15. maintain position, stay on topic, keep redirecting & make point in dearman
- 17. focus on goals, what works, with DBT skills
- 19. light hearted, polite & be politeness

Word Bank

- | | | | | | |
|---------------|------------|--------------|-------------|-------------|------------|
| negotiate | express | validate | mindfulness | wisemind | easymanner |
| nonjudgmental | reasonable | onemindfully | truthful | assert | appear |
| effectively | describe | values | apologies | interested | fair |
| effectiveness | Gentle | mindful | reinforce | participate | observe |
| dearman | emotional | | | | |