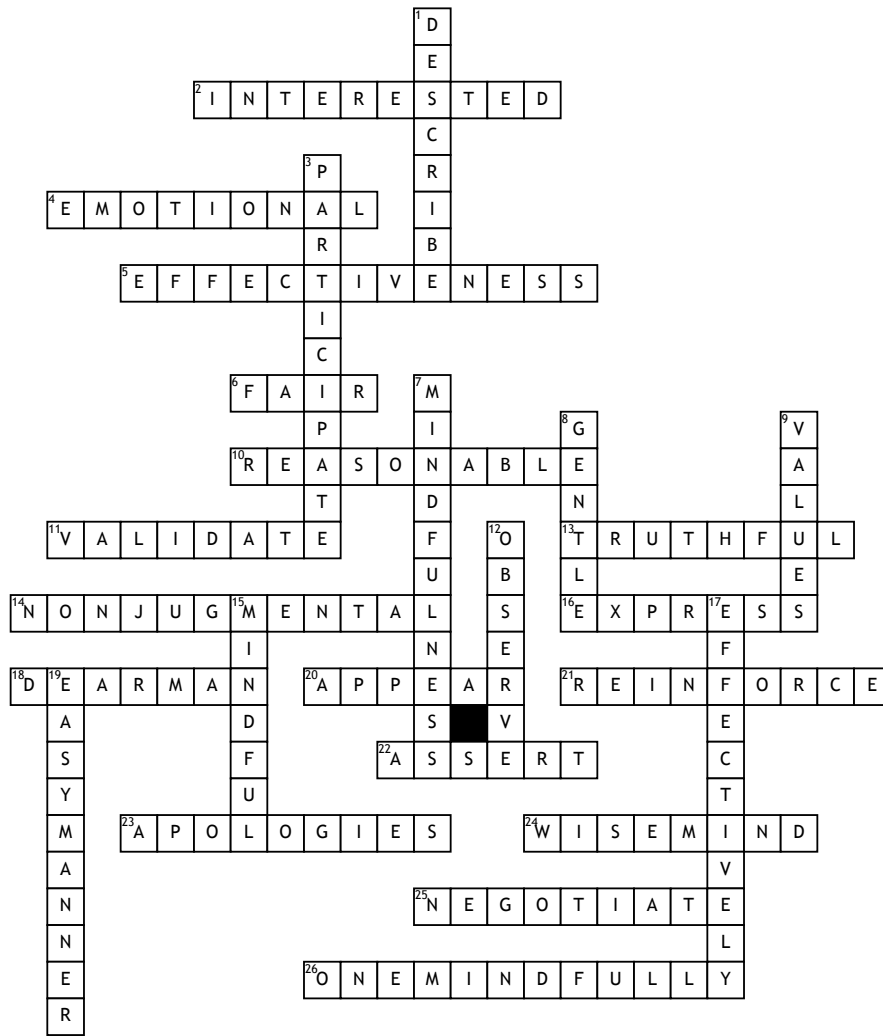


Name: _____ Date: _____

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 politcal

Word Bank

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