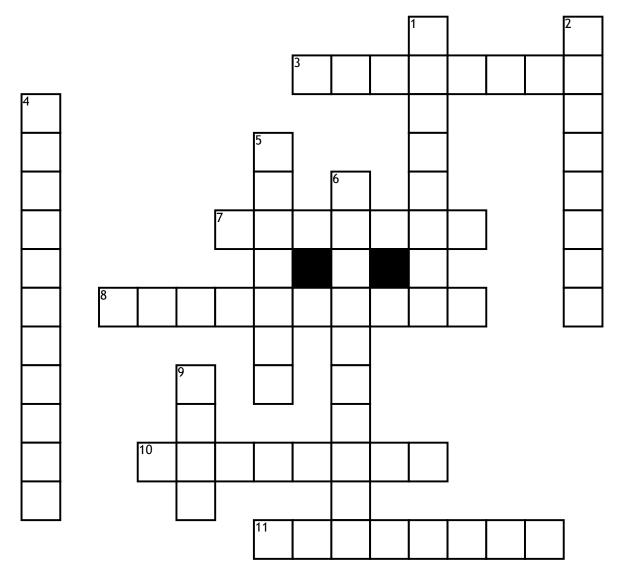
## **DBT Crossword**



## <u>Across</u>

**3.** Important to do this when acknowledging someone else's experience

- 7. \_\_\_\_\_ Acceptance
- 8. The "A" in ABC
- 10. The "V" in IMPROVE

**11.** When you synthesise your emotional mind and your logical mind

## <u>Down</u>

- 1. The "How" of DEARMAN
- 2. Observe, \_\_\_\_\_, Participate
- **4.** Observing, Describing, Participating

5. Use this to get someone to do what you want

**6.** Bringing things in from the extremes

9. One of the Mindfulness skills