

Name: _____

Date: _____

DBT word hunt

1. IWSE DMNI Wise mind
2. CTLAEALI IDC Dialectical
3. FUSLMINELNSD mindfulness
4. ESWI IMDN wise mind
5. TPSO KILLS stop skill
6. SIDRACTT ILKSL distract skill
7. SFEL HTOESO KLLSI self soothe skill
8. SOPR DNA OCNS pros and cons
9. ITP tip
10. ESDITSRS RLETNAEOC distress tolerance
11. ALCDARI CNAPCETAEC radical acceptance
12. IMOETON ELUOARINTG emotion regulation
13. PSEEAL IKSLL please skill
14. EONIMOT SFRIUGN emotion surfing
15. EOTSPPOI ATICNO opposite action
16. TREARLPSONNI STCFNVESEEIEF interpersonal effectiveness
17. IFNRED friend
18. EARD dear
19. GLKAINW TEH ELDIMD PTAH walking the middle path
20. LAIVAOTIND validation