



Everyone has things that they find soothing and comforting. Maybe you can think of some of these things off the top of your head. It is important to know the things that work for you to help calm down and de-stress during times of crisis, because when you're in the midst of a crisis these things can be very hard to recall. When thinking about self-soothing, start by thinking about your different senses, and what types of things are soothing in each of them.

### Vision:

A bouquet of flowers, pictures of family, nature scenes...

### Hearing:

Classical music, my mother's voice, a rain storm...

### Taste:

Mashed potatoes, lasagna, cold water...

### Touch:

A favorite sweatshirt, a hot shower, fuzzy stuffed animal...

### Smell:

Freshly baked bread, a campfire, fresh cut grass, grandmother's perfume...

## Practice

**Instructions:** Over the next few days, when an unpleasant emotion is triggered, practice using the self-soothe skill, and document your experiences below.

### Situation 1:

Describe the situation wherein the emotion was triggered:

---

---

---

What emotion did you experience, and how intense did it feel on a scale of 0 to 10?

---

---

---

*Continue to the next page...*



## “Self-Soothe” Skill

Describe how you used the Self-Soothe skill:

---

---

---

How effective was this skill in reducing the intensity of the unpleasant emotion?

---

---

---

### Situation 2:

Describe the situation wherein the emotion was triggered:

---

---

---

What emotion did you experience, and how intense did it feel on a scale of 0 to 10?

---

---

---

Describe how you used the Self-Soothe skill:

---

---

---

How effective was this skill in reducing the intensity of the unpleasant emotion?

---

---

---