

Module: Distress Tolerance

Coping Skill: Self-Soothing

Self-soothing is like giving yourself a safe place to land when emotions feel overwhelming. The idea is simple: instead of reacting in ways you might regret, you focus on calming your mind and body through your five senses. This skill provides short-term relief and supports more deliberate and less impulsive responses to emotions such as anger, anxiety, or sadness. You reduce emotional intensity, ground yourself for a few moments, and then you can approach the situation more effectively. Use this worksheet to make a self-soothing plan since it's hard to think during times of high emotion. Once you have a chance to use this skill, reflect on what worked, or what didn't.

Vision: (Example - Watch the flame of a burning candle)

1.

2.

3.

4.

5.

Hearing: (Example - Listen to your favorite song)

1.

2.

3.

4.

5.

Smell: *(Example - Put a drop of any essential oil on your wrist)*

1.

2.

3.

4.

5.

Taste: *(Example - Chew a piece of peppermint gum)*

1.

2.

3.

4.

5.

Touch: *(Example - Take a hot bubble bath)*

1.

2.

3.

4.

5.

Conclusion:

Attempt 1

Did this exercise help me get through this situation? Yes No

If yes, what sense was the most helpful? What activity for that sense?

If no, what could I do differently next time?

Attempt 2

Did this exercise help me get through this situation? Yes No

If yes, what sense was the most helpful? What activity for that sense?

If no, what could I do differently next time?

Notes or Ideas: