

DBT SELF SOOTHE WORKSHEET

NAME : _____

DATE : _____

DBT skills help you get through different feelings and situations. This DBT Self-Soothe Worksheet uses techniques to lessen feelings of distress when you're feeling overwhelmed. Directions: Provide 2 examples of each sense below that you can practice next time you have feelings of distress.

Hearing	Examples: Listening to your favorite music over and over, listening to nature as you walk through a park, listening to the ocean's wave crash.
Sight	Examples: Walk through a park and observe what you see, go to a museum to look at art, put a plant on your desk or in your room to look at.
Smell	Examples: Smell the aroma of your favorite foods being cooked, walk through a garden and smell the flowers, light a candle.
Taste	Examples: Buy a special snack, go out to eat at your favorite restaurant, make a tea and enjoy the taste.
Touch	Examples: Take a bath, pet your dog/cat, dive into a pool and feel the water move on your body.
Movements	Go for a long run, take in a yoga session, take a few minutes to stretch.