Soothing with the five senses

Things that comfort you through sight, sound, smell, taste, touch and movement.

Name _____ Date _____

Self-soothing is doing something kind for your body through its senses. It will not solve the problem. It helps you get through a hard moment without making things worse. Tick what appeals under each sense and add anything else. Movement is on the list too, because it settles the body in the same way.

Sight

☐ A view ☐ Photos ☐ Candlelight ☐ The sky

Sound

☐ Music ☐ Rain ☐ Birdsong ☐ A familiar voice

Smell

☐ Fresh air ☐ Coffee ☐ A favourite scent ☐ Clean laundry

Taste

☐ Tea ☐ Something warm ☐ A mint ☐ A favourite food

Touch

☐ A hot shower ☐ A soft blanket ☐ A pet ☐ Hand cream

Movement

☐ Rocking ☐ Stretching ☐ Walking ☐ Swaying to music

A soothing kit: things I could gather in a box or bag

What gets in the way of soothing myself (for example, feeling I do not deserve it)? What would I say to a friend who felt that?

Self-soothing is one of the distress tolerance skills in Dialectical Behaviour Therapy (DBT).

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