DISTRESS TOLERANCE HANDOUT 5

Crisis Survival Skills: Self-Soothe with Six Senses

VISION      HEARING
SMELL       TASTE
TOUCH       MOVEMENT

Vision
Go to your favorite place and take in all the sights; look at a photo album; zone out to a poster/picture; notice colors in a sunset; people watch.

Hearing
Listen to your favorite music and play it over and over again; pay attention to sounds in nature (birds, rain, thunder, traffic); play an instrument or sing; listen to a sound machine.

Smell
Put on your favorite lotion; use a scented aftershave or body wash; make cookies or popcorn; smell freshly brewed coffee; go to the park and “smell the roses.”

Taste
Eat some of your favorite foods; drink your favorite nonalcoholic beverage; have your favorite flavor of ice cream; really notice the food you eat; eat one thing mindfully; don’t overdo it!

Touch
Take a long bath or shower; pet your dog or cat; get a massage; brush your hair; hug or be hugged; put a cold cloth on your head; change into your most comfortable clothes.

Movement
Rock yourself gently; stretch; go for a run; do yoga; dance!


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DISTRESS TOLERANCE HANDOUT 6

Practice Exercise: Self-Soothe Skills

Due Date __________________

Write down at least two specific SELF-SOOTHE Skills to practice during the week when you feel upset:

SELF-SOOTHE WITH SIX SENSES:

VISION ____________________________________________

HEARING ____________________________________________

SMELL ____________________________________________

TASTE ____________________________________________

TOUCH ____________________________________________

MOVEMENT ____________________________________________

(continued)


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Briefly describe the stressful situations you were in and the specific skills you used:

1. __________________________________________
   __________________________________________
   __________________________________________

2. __________________________________________
   __________________________________________
   __________________________________________

Did using this skill help you to (1) cope with uncomfortable feelings and urges and/or (2) avoid conflict of any kind?

Circle Yes or No.

If YES, please describe how it helped: ________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

If NO, please describe why you believe it did not help: ________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

If you did not practice this skill, please explain why: ________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________