

DISTRESS TOLERANCE HANDOUT 8



(Distress Tolerance Worksheet 6-6b; pp. 382-384)

Self-Soothing

A way to remember these skills is to think of soothing each of your **FIVE SENSES**.

With Vision:

- ☐ Look at the stars at night.
- ☐ Look at pictures you like in a book.
- ☐ Buy one beautiful flower.
- ☐ Make one space in a room pleasing to look at.
- ☐ Light a candle and watch the flame.
- ☐ Set a pretty place at the table using your best things.
- ☐ Go people-watching or window-shopping.
- ☐ Go to a museum or poster shop with beautiful art.
- ☐ Sit in the lobby of a beautiful old hotel.
- ☐ Look at nature around you.
- ☐ Walk in a pretty part of town.
- ☐ Watch a sunrise or a sunset.
- ☐ Go to a dance performance, or watch it on TV.
- ☐ Be mindful of each sight that passes in front of you.
- ☐ Take a walk in a park or a scenic hike.
- ☐ Browse through stores looking at things.
- ☐ Other: _____

With Hearing:

- ☐ Listen to soothing or invigorating music.
- ☐ Pay attention to sounds of nature (waves, birds, rainfall, leaves rustling).
- ☐ Pay attention to the sounds of the city (traffic, horns, city music).
- ☐ Sing to your favorite songs.
- ☐ Hum a soothing tune.
- ☐ Learn to play an instrument.
- ☐ Burn a CD or make an iPod mix with music that will get you through tough times. Turn it on.
- ☐ Be mindful of any sounds that come your way, letting them go in one ear and out the other.
- ☐ Turn on the radio.
- ☐ Other: _____

With Smell:

- ☐ Use your favorite soap, shampoo, aftershave, cologne, or lotions, or try them on in the store.
- ☐ Burn incense or light a scented candle.
- ☐ Open a package of coffee and inhale the aroma.
- ☐ Put lemon oil on your furniture.
- ☐ Put potpourri or eucalyptus oil in a bowl in your room.
- ☐ Sit in a new car and breathe the aroma.
- ☐ Boil cinnamon. Make cookies, bread, or popcorn.
- ☐ Smell the roses.
- ☐ Walk in a wooded area and mindfully breathe in the fresh smells of nature.
- ☐ Open the window and smell the air.
- ☐ Other: _____

With Taste:

- ☐ Eat some of your favorite foods.
- ☐ Drink your favorite soothing drink, such as herbal tea, hot chocolate, a latte, or a smoothie.
- ☐ Treat yourself to a dessert.
- ☐ Eat macaroni and cheese or another favorite childhood food.
- ☐ Sample flavors in an ice cream store.
- ☐ Suck on a piece of peppermint candy.
- ☐ Chew your favorite gum.
- ☐ Get a little bit of a special food you don't usually spend the money on, such as fresh-squeezed orange juice or your favorite candy.
- ☐ Really taste the food you eat. Eat one thing mindfully.
- ☐ Other: _____

With Touch:

- ☐ Take a long hot bath or shower.
- ☐ Pet your dog or cat.
- ☐ Have a massage. Soak your feet.
- ☐ Put creamy lotion on your whole body.
- ☐ Put a cold compress on your forehead.
- ☐ Sink into a comfortable chair in your home.
- ☐ Put on a blouse or shirt that has a pleasant feel.
- ☐ Take a drive with the car windows rolled down.
- ☐ Run your hand along smooth wood or leather.
- ☐ Hug someone.
- ☐ Put clean sheets on the bed.
- ☐ Wrap up in a blanket.
- ☐ Notice touch that is soothing.
- ☐ Other: _____

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy or download and print this handout is granted to purchasers of this book for personal use or for use with clients.

Anxiety Reduction & Panic Attack Prevention Plan

Step 1- Warning signs (thoughts, images, mood, situation, behavior) that anxiety may be increasing and/or developing:

- 1)
- 2)
- 3)
- 4)

Step 2- Internal coping strategies: Things (relaxation techniques, physical activity...) I can do to take my mind off the situation/problems without contacting another person:

- 1) Breathing: deep, progressive, relaxation
- 2) Mindfulness, Meditation, Prayer
- 3)
- 4)
- 5)

Step 3- People and/or social settings that provide distraction: (Name & Phone, or Place)

- 1)
- 2)
- 3)
- 4) Name: Phone:
- 5) Name: Phone:
- 6) Name: Phone:

Step 4- Professionals or agencies I can contact during a crisis:

- ~~1) Local CMH: 989-631-2320~~
- 2) National Crisis Text Line (text "Hello") 741-741

Step 5- Making the environment safe:

- 1) Any trigger reductions?
- 2) Any other comments?

The one thing that is most important to me and worth reducing anxiety for is:

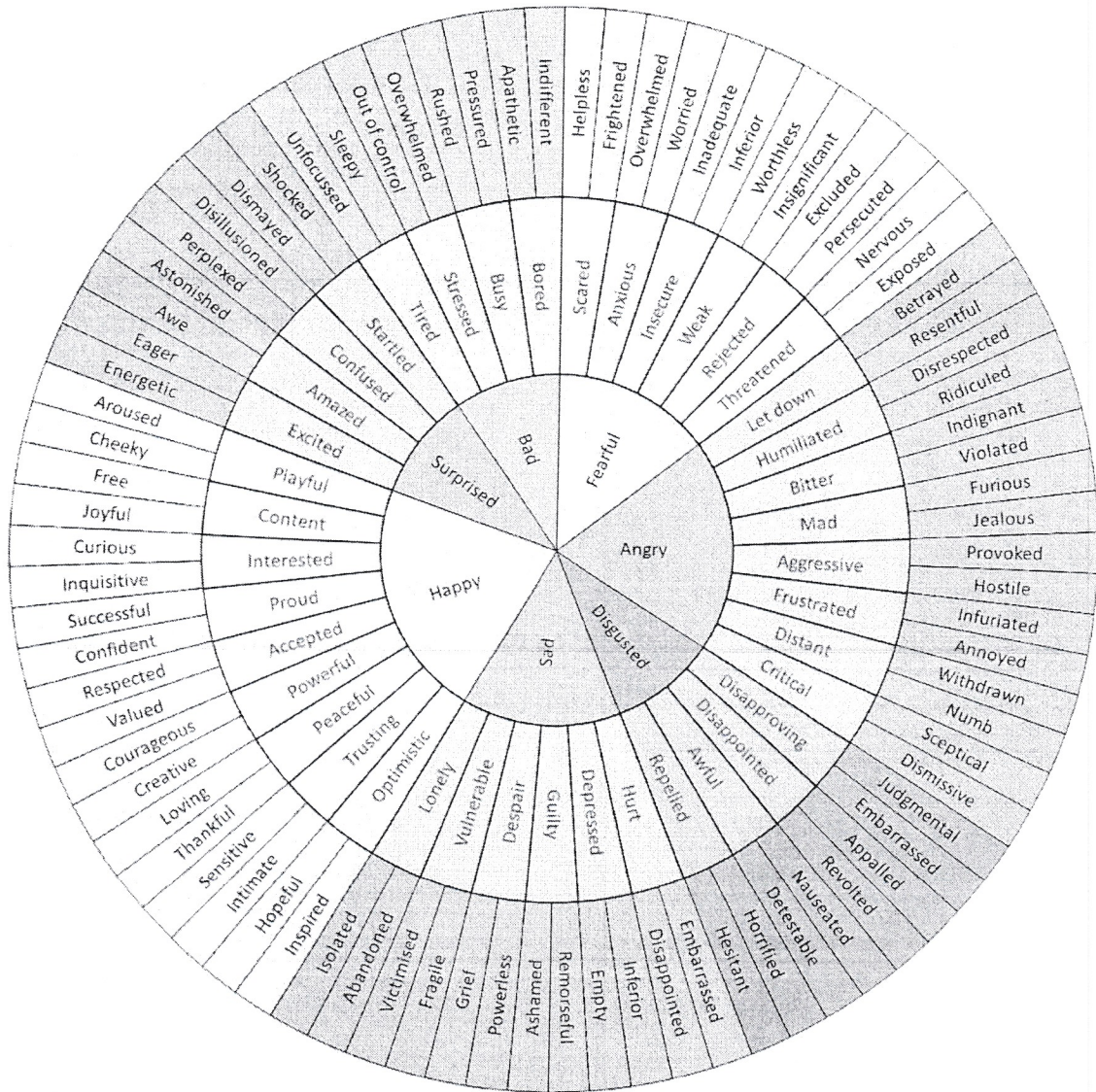


JENNIE ALLEN



PODCAST

THE WHEEL OF EMOTIONS



Automatic Thoughts: Helping people to recognize and challenge their automatic thoughts. Automatic thoughts are what they sound like: Thoughts that a person has automatically in response to a trigger, often outside of that person's conscious awareness. Sometimes these thoughts are irrational and harmful. "Our thoughts control how we feel about ourselves and the world around us. Positive thoughts lead to us feeling good and negative thoughts can put us down. Sometimes our thoughts happen so quickly that we fail to notice them, but they can still affect our mood. These are called automatic thoughts. Often times, our automatic thoughts are negative and irrational. Identifying these negative automatic thoughts and replacing them with new rational thoughts can improve our mood."

[illegible]