# Self-Soothe Worksheet

DBT distress tolerance: build a self-soothe kit in a calm moment, then reach for it when distress hits.

Name _____ Date _____

For each sense, list 3–5 things that really comfort you. Then put the physical items in a box or drawer, and the digital ones (playlist, photos) in one place on your phone. After you use something, rate how much it helped (0–10) and keep what works.

| Sense | What comforts me | Where it is in my kit | Helped (0–10) |
|---|---|---|---|
| **Vision** | | | |
| **Hearing** | | | |
| **Smell** | | | |
| **Taste** | | | |
| **Touch** | | | |

Free from DBT Pal (dbtpal.app). For learning and practice between sessions; not a substitute for therapy or crisis support. In the US, call or text 988 in a crisis.

Log Self-soothe on your DBT Pal diary card when you use it. For the hardest moments, the app has 5-4-3-2-1 grounding and paced breathing. Free for iPhone and Android: dbtpal.app/get?c=pdf-self-soothe