WORKSHEET 81 · FOR THE PSYCHOLOGIST

Soothing myself with the five senses

Comforting yourself with pleasant sensations

AIM

Help the person build a sensory “calm kit” (sight, hearing, smell, taste, touch) to soothe themselves gently during a difficult moment.

WHO IT IS FOR

Emotional distress, difficulty comforting oneself.

DURATION

15 min in session; use when needed

HOW TO RUN IT

1. Explore what soothes the person through each sense.
2. Build a list or a real box (objects, photos, smells, music).
3. Practise using one sense mindfully for 2-3 minutes.
4. Plan when to use it.

POINTS TO WATCH

> Some people find it hard to allow themselves comfort: explore the beliefs (“I don’t deserve it”) kindly. Avoid forms of comfort that become harmful (excessive food, alcohol).

REFERENCES

Linehan, M. M. (2015). DBT Skills Training Manual (2nd ed.). Guilford.

PSYCHOLOGIST’S NOTES

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications

WORKSHEET 81 · WORKSHEET TO HAND OUT

Soothing myself with the five senses

When things go badly, we often forget to comfort ourselves. Your senses can help: a smell, some music, a soft texture. Prepare your “calm kit” in advance.

1. Sight and hearing: a photo, a landscape, some music, a calm sound.
2. Smell and taste: a smell you like, a hot drink sipped slowly.
3. Touch: a blanket, an animal, a hot shower, a cream.
4. I choose one and give it my full attention for a few minutes.

Sense	What soothes me	Where to find it

What soothes me fastest?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications