

Distress Tolerance Handout 4

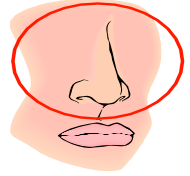
Ways to Survive Painful Times

Calming/self-soothing yourself by remembering

"Your 5 senses"



Seeing
Hearing
Smelling
Tasting
Touching



Seeing: Use your eyes



Look at pretty flowers and pictures. Look at the flame of a candle, the blue sky, the stars, and the moon. _____

Hearing: Use your ears.



Listen to calm music. Listen to running water. Listen to the wind, Rain, listen to a story, or people laughing. _____

Smelling: Use your nose.



Smell nice lotion, perfume, or cologne. Smell an orange or lemon. Smell a nice candle, flower, or someone's cooking. _____

Tasting: Use your tongue.



Taste a piece of candy. Eat your favorite food. Drink some lemonade. Chew a piece of gum. _____

Touching: Use your body.



Take a hot bath or shower. Pet a dog or cat. Put lotion on. Hold ice in your hands. Sit in a comfortable couch. _____

