

CWSH 9: Client handout Self-soothing

(The material in this handout is adapted from Linehan, M. (1993b). *Skills Training Manual for Treating Borderline Personality Disorder*. New York: Guildford Press:ch. 10.)

Self-soothing is about comforting, nurturing, and being kind to oneself. Think about soothing all five senses:

- vision: for example, look at the ocean, a painting, a garden, a tree, a sunset
- hearing: for example, listen to music you like or the sounds of nature, sing a song
- taste: for example, drink milk and honey, eat chocolate or soup
- smell: for example, spray on perfume or use aftershave, bake a roast or biscuits
- touch: for example, clean sheets, bath, wear soft clothing, stroke the cat, pat the dog.

Make a list of ways to self-soothe each sense.

Practise self-soothing daily so it is automatic when you need to use it in an emotional crisis.