

A COLLECTION OF SOOTHING ACTIVITIES

When you are experiencing painful feelings that are particularly hard for you to cope with, here is a list of ways you might soothe yourself. Check the degree to which you think each might be useful.

	Very Useful	Somewhat Useful	Minimally Useful	Not at All Useful
1. Phone a friend or relative				
2. Daydream				
3. Meditate				
4. Visit a friend				
5. Take a bath or shower				
6. Help someone else				
7. Have a good cry				
8. Go shopping for something you need				
9. Think positive thoughts				
10. Clean				
11. Go for a car ride				
12. Think about someone who cares about you				
13. Work on understanding your feelings				
14. Apply logic to your situation				
15. Pray				
16. Organize things				
17. Listen to music				
18. Make social plans				
19. Write in a diary or journal				
20. Exercise				
21. Talk yourself into a calmer state				
22. Go to sleep				
23. Engage in a hobby				
24. Think about things in a realistic way				
25. Think about the happiness of others				
26. Spend time with your pet				
27. Focus on your breathing				
28. Stay busy				
29. Take a walk				
30. Think about someone you care about				
31. Think of others who are worse off				
32. Ask someone for help				
33. Imagine talking to your therapist				
34. Focus on the feeling until it passes				
35. Create something				
36. Cook or bake				
37. Plan the future				
38. Sit down and relax				
39. Look for elements of humor in what you feel				
40. Remind yourself that you've gotten through				

	it before				
41.	Plan how to change the situation that led up to the feelings				
42.	Wait for the feelings to subside				
43.	Vent your feelings – hit something soft like a pillow				
44.	Give yourself a treat				
45.	Do tasks or errands that you enjoy				
46.	Be around children				
47.	Get into nature				
48.	Drink coffee or tea				
49.	Get some sun				
50.	Sing				
51.	Engage in sports with others				
52.	Attend something entertaining like a movie or concert				
53.	Talk about it with someone				
54.	Go out alone to be around other people				
55.	Get a massage				
56.	Play a musical instrument				
57.	Read something you find inspiring				
58.	Seek out sources of comedy				
59.	Involve yourself in your religion				
60.	Go to a location you find peaceful or harmonious				
61.	Ride in a boat				
62.	Plan Christmas				
63.	Try a new food recipe				
64.	Contact a person from your past				
65.	Volunteer at something you find useful				
66.	Write a letter				
67.	Polish furniture or your shoes				
68.	Buy or pick some flowers				
69.	Visit a pet store				
70.	Watch TV				
71.	Watch less TV				
72.	Others.....				
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