

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# DBT SELF-HELP WORKSHEET

## Using Your 5 Senses to Stay Calm

When you feel overwhelmed or "stuck" in a bad mood, you can use your five senses to ground yourself in the present moment. This helps lower your stress levels and prevents you from acting on painful emotions.

### The 5-4-3-2-1 Grounding Technique:

**5 things you can SEE:** Focus on small details (like the texture of a wall or a tree outside).

**4 things you can TOUCH:** Feel the clothes on your skin or a cold object.

**3 things you can HEAR:** Listen for distant sounds or your own breathing.

**2 things you can SMELL:** Notice any scents in the air (coffee, rain, or soap).

**1 thing you can TASTE:** Focus on the lingering taste of a drink or food.

### My Personal Calm-Down Plan

Think of things that actually make you feel safe and calm. Write them down in the boxes below:

Sense	What helps me feel calm?	Where/How can I find it?
Vision		
Touch		
Hearing		
Smell		
Taste		