## **Self-Soothing With the Five Senses / Diary**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Vision							
Hear							
Smell							
Taste							
Touch							
				(4			

Number of Times Practiced Rate Effectiveness (1-5)

Dan & Tasha Tonning, 2017 DBT Skills Application (Peers helping Peers)

May be used for therapy / Not for commercial use