



## Self Soothing – Diary Card

For each self-soothing focus, describe what you used during the week and indicate (from 0-5) how effective the skill was at helping you self-sooth.

<i>Date</i>	<i>Describe the situation</i>	<i>Describe what you did</i>	<i>Effective (0-5)?</i>
<b><i>Vision</i></b>			
<b><i>Hearing</i></b>			
<b><i>Smell</i></b>			
<b><i>Taste</i></b>			
<b><i>Touch</i></b>			