

Name _____

Date _____

SELF SOOTHER-1

In Part 1, please respond to the statements below with the appropriate response to the right. In Part 2, found on the other side, please write out your answers.

Strongly Agree Agree Not Sure Disagree Strongly Disagree

Part 1

1. I know how to calm myself when I get anxious	SA	A	NS	D	SD
2. I know how to calm myself when I get angry	SA	A	NS	D	SD
3. I know how to help myself feel less dark when I get depressed	SA	A	NS	D	SD
4. I am able to slow my breathing down when I feel really anxious or agitated	SA	A	NS	D	SD
5. I am able to use fair and realistic thoughts about myself to help myself feel better	SA	A	NS	D	SD
6. I am able to use fair and realistic thoughts about situations in my life to help myself feel better	SA	A	NS	D	SD
7. I am able to distract myself with soothing or pleasant thoughts to help myself feel better	SA	A	NS	D	SD
8. I am able to distract myself with soothing or pleasant activities to help myself feel better	SA	A	NS	D	SD
9. I am able to use my spirituality to help myself feel better	SA	A	NS	D	SD
10. I am able to remove myself from threatening or anger provoking situations to help myself feel better	SA	A	NS	D	SD
11. I am able to reach out to others to help myself feel better	SA	A	NS	D	SD
12. I am usually able to resolve conflict	SA	A	NS	D	SD

Please turn form over to complete Part 2.

Part 2

13. These people usually help me calm myself down or improve my mood:

FOR DEMONSTRATION ONLY

14. These people usually make me feel even more angry, anxious, confused, depressed or guilty:

15. If I were able to use spirituality to help myself more, I would:

FOR DEMONSTRATION ONLY

16. When I think of people in my life that have really inspired me I think of:

17. When I look back at situations where I have been able to calm or sooth myself I think of:

FOR DEMONSTRATION ONLY
