Sensory Soothing by Preference - Concept brief

Understand the idea behind sensory soothing by preference and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor finds scented products unpleasant but likes a familiar sound.

The idea

Sensory strategies are personal and may not be accessible or soothing for everyone.

An ordinary example

Taylor finds scented products unpleasant but likes a familiar sound.

What this can look like

Compare optional sights, sounds, textures, scents, or non-sensory alternatives; exclude any unwanted option.

Check the fit

What preference should the plan respect? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Acceptance acknowledges the present; it does not endorse harm or remove the need for change.

Reflection

What preference should the plan respect?

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A08-1