# Sensory Soothing by Preference - Review journal

Review an attempt at sensory soothing by preference and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Sensory strategies are personal and may not be accessible or soothing for everyone.

### Practice task

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

### 1. What I tried, or what happened in the fictional example:

### 2. What I noticed before, during, and after; what remains uncertain:

### 3. What helped, did not help, or was outside my control:

### 4. What preference should the plan respect? My optional adjustment or support request:

### 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-A08-5