



## B.P.R. Therapy, Mediation & Coaching Services

### Self-Soothing Plan

#### IDENTIFYING TRIGGERS

- Example:
- |                                   |          |
|-----------------------------------|----------|
| 1. <u>Feeling judged</u>          | 1. _____ |
| 2. <u>loud noises</u>             | 2. _____ |
| 3. <u>time of day</u>             | 3. _____ |
| 4. <u>yelling</u>                 | 4. _____ |
| 5. <u>bedroom door open/close</u> | 5. _____ |
| 6. <u>being isolated</u>          | 6. _____ |
| 7. <u>uniforms</u>                | 7. _____ |
| 8. <u>being touched</u>           | 8. _____ |

What things that are unique to you that you have a reaction to before you are triggered such as things that may scare you? (e.g., thinking of the past, thinking about a specific events etc...)

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |

#### MAINTENANCE

What does not help when you are upset or have been triggered?

- Example:
- |                                       |          |
|---------------------------------------|----------|
| 1. <u>being ignored</u>               | 1. _____ |
| 2. <u>aggressive voices</u>           | 2. _____ |
| 3. <u>being physically approached</u> | 3. _____ |
| 4. <u>feeling judged</u>              | 4. _____ |
| 5. <u>feelings of unfairness</u>      | 5. _____ |
| 6. <u>being isolated</u>              | 6. _____ |
| 7. <u>sitting in one spot</u>         | 7. _____ |
| 8. <u>being touched</u>               | 8. _____ |

**STABILIZING**

Sensory Modulation Approaches/Biorhythms: (e.g., rocking, walking, jumping jacks etc...)

What can you do physically that will help you?

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |

Adaptations to physical environment: (e.g., no sheets on bed, leave closest exit visible and free of objects, put clothes in suitcase instead of dresser or closet)

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |

What else soothes you?

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |

Personal strengths: (e.g., process information quickly, can see people's insecurities when others don't, etc...)

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |