



**Learning with
Experience LLC**

SELF-SOOTHING SKILLS and TECHNIQUES

PREWORK (optional)

1. **Look over the “Primary Feeling Families” chart on page 3**
2. **Identify 1-2 scenarios or feeling states** that you experience, for which you’d like to learn a self-soothing tool. Pick something you can “tap into” during the event.

Important:

Try to identify feelings in the **Medium Intensity Range** (~5-7 out of 10)

- a. You’ll be working with the feelings during our mini-workshop
 - b. Choosing **High Intensity Feelings** for our short 45-minute virtual workshop risks overloading your system and minimizing the learning you can receive.
 - c. By selecting a **Medium Intensity Feeling** (*approximately 5-7 out of 10 – however you define it for yourself*), you can experiment with different tools in order to learn which are most helpful to you personally. Later, you can apply those tools to a higher intensity feeling state. (Also, a Low Intensity Feeling won’t give you much to experiment with.)
3. Please bring the pre-work with you to the webinar

Looking forward to seeing you tomorrow!

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SELF-SOOTHING SKILLS and TECHNIQUES WORKSHEET

Complete **BEFORE** webinar (if possible):

The **Medium Intensity Feeling(s)** I want to work with (~5-7 out of 10):

A **scenario or relationship** in which the feeling typically occurs (and which I can easily recall):

Complete **DURING** webinar (Jot down words or pictures to help you remember)

The **Body/Sensation-focused** tool I'll practice:

The **Feelings-focused** tool I'll practice:

The **Thoughts-focused** tool I'll practice:



Primary Feeling Families

High Intensity	Disgusted Furious Irate Outraged	Depressed Crushed Grieving Hopeless	Ashamed Disgraced Humiliated	Overwhelmed Powerless Shocked	Ecstatic Elated Overjoyed Thrilled	Adoring Passionate Protective of Wild about	Distressed Panicked Paralyzed Terrified
Medium Intensity	MAD	SAD	BAD		GLAD		AFRAID
			<i>Vulnerable</i>	<i>Confused</i>	<i>Happy</i>	<i>Caring</i>	
	Agitated Exasperated Resentful Pissed off	Discouraged Hurt Sad Upset	Apologetic Exposed Guilty Regretful	Puzzled Misunderstood Stuck Unsettled	Cheerful Delighted Optimistic Playful	Admiring Empathetic Trusting Warm-hearted	Alarmed Anxious Nervous Worried
Mild Intensity	Annoyed Grouchy Impatient Irritated	Disappointed Down Unhappy	Bashful Embarrassed Reluctant Hesitant	Bothered Distracted Unsure Undecided	Grateful Content Satisfied Pleased	Appreciative Interested Intrigued Understanding	Cautious On edge Tense Uncomfortable

Condensed/adapted from Gary Dexter, PhD and Michael Terrell, 2015