

# Beliefs that Get in the Way of Self–Soothing

let's *THERAPIZE* that shit !!!

The Self-Soothe skill is from Distress Tolerance Handout 8 in the DBT manual. Being able to comfort ourselves during times of distress and/or crisis helps us be effective even while having strong emotions. However, many of us have beliefs that get in the way of practicing self-soothing. Examples of these beliefs are listed below.

- Needing to self-soothe is a sign of weakness
- In times of crisis, I don't have time to self-soothe
- If the crisis is of my own making, I don't deserve to self-soothe – I should be miserable as punishment
- I should soothe others, not myself
- I shouldn't have to soothe myself – other people should know what I need and soothe me