

## Worksheet 7: Your parents' soothing strategies

Soothing strategy	Tick/cross	Soothing strategy	Tick/cross
Cuddling others		Doing exercise	
Massages		Gardening	
Other types of physical soothing		Listening to music	
Seeking reassurance		Doing a hobby (e.g. sewing, knitting, DIY)	
Going to their bedroom		Playing a game	
Leaving the house		Watching TV	
Chatting to other adults		Drinking alcohol	
Retreating to a quiet space (e.g. study/shed)		Reading	
Taking drugs		Smoking	
Other:		Other:	