

Top-Down Soothing Toolkit

Use this as a menu of options to regulate your emotions from the inside-out using the power of your thoughts.

1. Cognitive Reframe

“Is there another way to see this?”

Triggering Thought:

Alternative Interpretation:

2. Mindful Self-Talk

“What would I say to a friend in this situation?”

I’m feeling _____

It makes sense because _____

What I need right now is _____

3. Visualization Practice


Picture your calm place.

Where are you? _____

What do you see? _____

What do you hear? _____

What do you feel/smell? _____

 Try visualizing this for 3–5 minutes daily.

 **4. Gratitude Reframe**

“What’s still good right now?”

1. I’m grateful for _____

2. I’m grateful for _____

3. I’m grateful for _____

Why these matter to me:

 **5. Name It to Tame It**

“Label your feeling to lessen its power.”

Body sensation: _____

Emotion: _____

 Tip: Use an [emotion wheel](#) to help name the feeling.
