

The REST Technique: Regulate, Embrace, Soothe, Time-out

Client's Name: _____ Date: _____

Healthcare Practitioner: _____

Instructions: The REST Technique is a DBT-based tool designed to help you regulate your emotions, manage distress, and create a sense of balance. This worksheet will guide you through the steps of the REST Technique. Please take your time to complete each step mindfully.

Step 1: Regulate (R)

Think about the situation or emotion that is causing distress. On a scale of 1 to 10, rate the intensity of your distress: **Distress Rating:** _____ (1 = minimal distress, 10 = extreme distress)

Briefly describe the situation or emotion that you are struggling with:

What physical sensations are you experiencing in your body as a result of this distress?

Identify one healthy coping strategy you can use to regulate your emotions in this moment (e.g., deep breathing, progressive muscle relaxation, grounding techniques). Describe how you will use this strategy:

Step 2: Embrace (E)

Acknowledge and validate your emotions. What specific emotions are you feeling in this situation? (e.g., anger, sadness, anxiety)

Write down any thoughts or judgments you have about your emotions in this situation:

Practice self-compassion by writing a self-affirming statement to yourself. For example: "I am allowed to feel these emotions. They are valid and a part of my human experience."

Step 3: Soothe (S)

Identify comforting and soothing activities that can help you cope with these emotions. List at least three activities you can engage in to soothe yourself. Choose one activity from the list above that you can commit to doing for yourself. When will you do it?

Step 4: Time-out (T)


If the distress is too overwhelming, it's okay to take a step back. Decide if you need a brief time-out to allow your emotions to settle. If yes, choose a length of time for your time-out:

Time-out Duration: _____ minutes

During your time-out, what will you do to create a calm and safe space for yourself?

Reflection: Take a moment to reflect on the entire REST Technique process. How do you feel now compared to when you started? Has your distress rating changed? Are you more grounded and centered?

Additional Notes: Use this space to jot down any additional thoughts, insights, or observations from completing the REST Technique.

Signature (Client):  _____

Signature (Practitioner):  _____