

Soundtrack for Self Soothing

A Gentle Worksheet for Reflection and Calm

Music can be more than background noise; it can become a way to understand, soothe, and reconnect with your emotions. This worksheet invites you to explore how sound shapes your sense of peace and how you can use it intentionally to create calm in your daily life.

1. What kind of music brings you peace when your mind feels busy?

2. List three songs that make you feel grounded or safe.

3. Is there a particular song that holds an important memory for you? Describe what it means to you.

4. How does your body respond to calming sounds or melodies?

5. Create a short morning or evening playlist that supports your emotional wellbeing.

6. When do you find yourself turning to music most often? What emotions are you soothing or expressing?

7. Write a few words or lyrics that have stayed with you lately. What do they remind you of?

Let your music choices remind you that care can sound as gentle as a melody. Return to this worksheet whenever you need to find calm, one song at a time.