

# PLEASE Check-In Questions

## DBT: Emotion Regulation Skills

Even though we might not always notice it, **physical discomfort can definitely affect how we feel emotionally** (like being “hangry”). When struggling to regulate strong emotions, it can help to scan and attend to our bodies. This handout will guide you in checking in with your body and helping it feel better when emotions are high by summarizing the PLEASE skill.

	PAUSE and mentally scan your body	Help your body and mind feel better
<b>Physical</b>	<ul style="list-style-type: none"> <li>• Are you sore, in pain, uncomfortable, overtired, or overstimulated?</li> <li>• Too hot or too cold?</li> <li>• Feeling tight or restricted?</li> <li>• Feeling tense, pent up energy?</li> <li>• Feeling heavy or slow?</li> <li>• Feeling startled or on edge?</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch, walk, move</li> <li>• Address pain if needed</li> <li>• Change your clothes, wash your face, get fresh air</li> <li>• Warm up with blankets or tea</li> <li>• Sleep or take a break</li> <li>• Take diaphragmatic breaths</li> </ul>
<b>Illness</b>	<ul style="list-style-type: none"> <li>• Are you getting sick?</li> <li>• Are chronic conditions, hormonal issues, or digestive issues flaring?</li> <li>• Have you missed a prescribed medication? Are you adjusting to a new medication?</li> </ul>	<ul style="list-style-type: none"> <li>• Review your symptoms or side effects with a doctor if needed</li> <li>• Pause and tend to medical conditions or issues</li> <li>• Take medications as prescribed</li> </ul>
<b>Balanced Eating</b>	<ul style="list-style-type: none"> <li>• Have you eaten enough today?</li> <li>• Have you eaten too much?</li> <li>• Have you eaten a balance of carbs, proteins, fats, and nutrients?</li> <li>• Have you eaten foods that tend to “disagree” with your body?</li> <li>• Are you dehydrated?</li> </ul>	<ul style="list-style-type: none"> <li>• Eat foods that make you feel physically good</li> <li>• Walk or move to aid digestion</li> <li>• Try ginger, chamomile, or mint for an upset stomach</li> <li>• Drink water regularly</li> </ul>
<b>Mood-Altering Substances</b>	<ul style="list-style-type: none"> <li>• Are drugs or alcohol (or a hangover) affecting your mood?</li> <li>• Are you experiencing cravings?</li> <li>• Are you experiencing withdrawal?</li> </ul>	<ul style="list-style-type: none"> <li>• Pause until the effects of substances have resolved</li> <li>• Seek treatment or harm-reduction as needed</li> </ul>
<b>Balanced Sleep</b>	<ul style="list-style-type: none"> <li>• Has your sleep been inconsistent?</li> <li>• Did you get much more or much less sleep than usual last night?</li> <li>• Did you linger in bed for a long time?</li> </ul>	<ul style="list-style-type: none"> <li>• Rest if you need to</li> <li>• Aim for about 7-9 hours of sleep per night</li> <li>• Avoid lingering in bed</li> </ul>
<b>Exercise</b>	<ul style="list-style-type: none"> <li>• Have you exercised recently? Over-exercised?</li> </ul>	<ul style="list-style-type: none"> <li>• Aim for at least 20 minutes of daily aerobic exercise</li> </ul>

\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





# Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

## [Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



## [Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.