

MY SELF-REGULATION PLAYLIST

A song that validates feelings of anger or frustration	Song Name: Artist:
A song that validates feelings of sadness, heartache, or loneliness	Song Name: Artist:
A song that helps you feel calm or comforted	Song Name: Artist:
A song that reminds you of a positive person in your life	Song Name: Artist:
A song that gives you hope	Song Name: Artist:
A song that describes who you are	Song Name: Artist:
A song that brings you joy or happiness	Song Name: Artist:
A song that energizes you or makes you want to dance or move	Song Name: Artist:

Tool by Channing Shippen MA, MT-BC

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