

5 4 3 2 1

A Grounding Technique



Focus on where you are right now

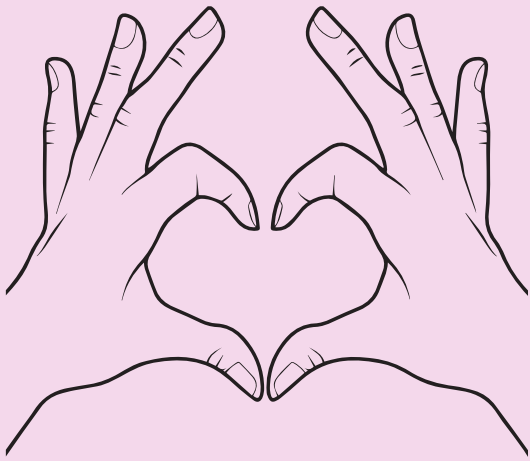
5 SEE

Take a look around and list five things that you can see close by - any five things



FEEL 4

What do you feel, physically? Your clothes, the temperature, a surface, list four things



3 HEAR

Do you hear anything? Voices, machinery, vehicles, your own breathing? List three things you hear around you



SMELL 2

Close your eyes and take some slow, deep breaths; what scents can you identify? List two smells



What do you taste? Did you have a drink or snack? Have you chewed gum? Identify one taste, or taste something new to stimulate yourself

1 TASTE

