

Grounding Techniques Worksheet

Name: _____ Date: _____

What are grounding techniques?

Grounding techniques are strategies that help you reconnect with the present moment. These techniques can be particularly helpful when feeling overwhelmed, anxious, or distressed. By focusing on the here and now, grounding techniques can help you manage intense emotions and reduce feelings of panic or dissociation.

Grounding techniques to try

1. 5-4-3-2-1 Technique

- Identify five things you can see.
- Identify four things you can touch.
- Identify three things you can hear.
- Identify two things you can smell.
- Identify one thing you can taste.

2. Deep breathing

- Breathe in slowly through your nose for a count of four.
- Hold your breath for a count of four.
- Exhale slowly through your mouth for a count of four.
- Repeat until you feel calmer.

3. Physical sensation

- Hold an ice cube in your hand and focus on the sensation.
- Run your hands under cold water and notice how it feels.
- Use a stress ball and concentrate on squeezing and releasing it.

4. Mindful observation

- Pick an object in your environment.
- Examine its color, texture, shape, and details.
- Describe the object in your mind or out loud.

5. Movement

- Take a short walk and notice each step.
- Stretch your body and pay attention to how it feels.
- Try a few yoga poses, focusing on your breathing and movements.

6. Counting

- Count backward from 100 in increments of three.
- Count the number of items around you (e.g., cars, trees, tiles).

7. Self-soothing statements

- Repeat calming statements to yourself, such as:
 - "I am safe right now."
 - "This feeling will pass."
 - "I can handle this."

8. Describe your environment

- Describe your surroundings in detail.
 - Include colors, shapes, sounds, and any other characteristics.
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My grounding plan

1. My go-to grounding technique:

2. How I use this technique:

3. Situations when I might need grounding:

4. Additional techniques I want to try:

Reflection

1. Which grounding technique do you find most effective? Why?

2. Describe a recent situation where grounding helped you.

3. How do you feel after practicing grounding techniques?

Remember: Grounding techniques are most effective when practiced regularly. Try incorporating them into your daily routine so they become second nature when needed.