A PAUSE, A PRACTICE, A NEXT STEP

Grounding Techniques

Reconnect with the room around you.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Orient gently

Name where you are and the current day if you know it. If you are physically safe, notice the support beneath your feet or body.

01 / Notice and reflect

Which senses feel most comfortable?

02 / Notice and reflect

What neutral object could I use as an anchor?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact your clinician if disconnection, flashbacks, or panic recur. New confusion, loss of awareness, fainting, or other unfamiliar neurological symptoms need prompt medical assessment.

Read more: University of Rochester Medical Center · 5-4-3-2-1 grounding

More tools and immediate support: Our Healing Room / Crisis Support.