GROUNDING SKILLS

If you ever feel like you are not in your body or if you start feeling really upset, it is helpful to get grounded in your five senses. You can try holding up your hand and counting:

**5 things you see**

**4 things you touch**

**3 things you hear**

**2 things you smell**

**1 thing you taste**

This helps bring you back to yourself and the present moment. You and your therapist can also talk about and practice other grounding skills and think about situations in which to use them. Try them out as needed.