

Grounding Techniques

Cheat Sheet



Five ways back to the present moment - for anxiety, panic, dissociation, and moments that feel like too much.

1 NOTICE YOU'VE DRIFTED

2 PICK THE ONE THAT FITS

3 STAY WITH IT FOR A FULL MINUTE



Ground Through Your Body

BEST WHEN YOU FEEL FLOATY, UNREAL, OR FAR AWAY

- Press your feet into the floor and notice the floor pressing back.
- Squeeze and release your fists, arms, and shoulders, one at a time.
- Push your palms together hard for ten seconds, then let go.
- Stand up slowly and feel your full weight land on your legs.



Ground Through Your Senses

BEST WHEN THOUGHTS SPIRAL FASTER THAN YOU CAN CATCH THEM

- Run the 5-4-3-2-1 countdown: 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.
- Hold a textured object and describe it like you've never seen one.
- Bite into something sharp: a strong mint, sour candy, or lemon.
- Find the farthest sound you can hear, then the closest one.



Ground Through Your Mind

BEST WHEN YOU NEED TO INTERRUPT A THOUGHT LOOP FAST

- Count backwards from 100 in steps of 7. Precision is the point.
- Spell your full name backwards, then your street name.
- Name an animal for every letter of the alphabet, starting at A.
- Replay your morning in exact, boring, step-by-step detail.



Ground Through Soothing

BEST WHEN THE FEELING IS MORE SAD-SCARED THAN RACING

- Wrap both hands around a warm drink and follow the heat.
- Picture a place you felt safe. Add its sounds, light, and smell.
- Put a hand on your chest and say: "This is hard, and I can do hard things."
- Hum a slow tune and notice where the sound vibrates.



Anchor Statements

BEST WHEN PANIC OR A FLASHBACK BLURS WHERE YOU ARE

- Say out loud: "My name is _____. I am _____ years old."
- "This feeling is an alarm, not a danger. Alarms switch off."
- "Today is _____. I am in _____. I am safe right now."
- Repeat slowly until the words start to feel true again.