



# Grounding Techniques

- Keep your eyes open—notice your surroundings
- Put both feet on the floor—feel it
- Shift awareness to your breathing—breathe deeply and slowly from the diaphragm, in through the nose and out through the mouth—feel it
- Count to 10
- Note 5 things around you, then 5 more
- Test all your senses—hearing, vision, smell, taste, touch
- Visualize a calendar with the date
- Say your name and age
- Visualize a STOP sign
- Talk to a safe person—have a prepared list of phone numbers and keep them with you
- Speak your feelings out loud
- Listen to music
- Stretch—hug yourself
- Walk around—notice everything, use all senses
- Have a cool non-alcoholic drink
- Give self-affirmations:
  - The present is different from the past: I can deal with this now.
  - I have a right to feel good in the present.
  - I will control these feelings—they are a part of my recovery.