

SOOTHING GROUNDING

Say kind statements. *“You are a good person going through a hard time. You’ll get through this.”*

Think of favorites. *Your favorite color, animal, season, food, TV show, time of day...*

Picture people you care about. *Children or friends or family and look at pictures of them.*

Remember the words to an inspiring song, quotation, or poem. *Something that makes you feel better or stronger.*

Remember a safe place. *Describe a place you find very soothing and focus on the details—sounds, colors, shapes, smells, textures.*

Say a coping statement. *“I can handle this.” “This feeling will pass.”*

Plan a safe treat for yourself. *A piece of candy, a nice dinner, or a warm bath.*

Think about things you are looking forward to in the next week. *Time with a friend, going to a movie, or going on a hike...*

WHAT IF GROUNDING DOES NOT WORK?

Grounding does work! But, like any other skill, you need to practice to make it as powerful as possible.

Suggestions to Help make work for you:

Practice as often as possible—Even when you don’t need it.

Practice faster—Speeding up the pace helps practice getting focused more quickly.

Try it for a longer period - 20-30 min.

Notice what methods work best for you— Mark or highlight them in this pamphlet.

Have other assist you— Teach friends and family about grounding and how they can help you if you become overwhelmed.

Prepare in advance—Locate places at home, in your car, and at work where you can place materials and reminders for grounding.

Think about what works and why.

Create your own methods of grounding.

DON’T GIVE UP!!

GROUNDING

WHAT IS GROUNDING?

Grounding is a set of simple strategies to detach from emotional pain, like drug cravings, anxiety, anger, sadness, and self-harm impulses.

You can also think of it as:

“Distraction” “Centering”
“A Safe Place” “Looking Outward”
“Healthy Detachment”

WHY DO GROUNDING?

When you are feeling overwhelmed with emotional pain, you need a way to detach so that you can gain control over your feelings and stay safe. As long as you are grounding, you cannot possibly use substances or hurt yourself! Grounding **“anchors”** to the present and to reality.

In grounding, you attain a balance between being conscious of the reality of the emotion and being able to tolerate those emotions.

**THERAPEUTIC
WORKSHOP**

www.TheTherapeuticWorkshop.com

Guidelines for Grounding

- Any time, any place, anywhere.
- When triggered cravings, enraged, dissociating, any emotional pain.
- Keep eyes open, scan the room, turn lights on.
- Rate your mood before and after grounding. Is it working?
- No negative talking or writing. You are distracting yourself from negative feelings.
- Stay neutral. No judgments of “good” or “bad”.
- Focus on the present, not the past or the future
- Grounding is NOT relaxation. Grounding is much more active.

MENTAL GROUNDING

Describe your environment in detail. *“the walls are white; there are five pink chairs; there is a wooden bookshelf against the wall...”* Sounds, textures, colors, smells...

Play a “categories” game with yourself.

“types of dogs” “cars” “songs” “cities” TV shows” “writers” “jazz musicians” ...

Do an age progression. *If you have regressed to a younger age, slowly work back up, “now I am 9” “now I am 10” “now I am 11” until you are back to your current age.*

Describe an everyday activity in great detail. *Cooking a meal in detailed steps.*

Imagine. *Skating away from the pain or turning the channel on a TV to get a better show.*

Say a safety statement. *“I am in the present and not in the past.”*

Read something, saying each word to yourself.

Use humor. *Think of something funny to jolt yourself out of your mood.*

Count to 10 or say the alphabet.

S...l...o...w...l...y.

PHYSICAL GROUNDING

Run cool or warm water over your hands.

Grab tightly onto your chair as hard as you can.

Touch various objects around you. *A pen, keys, your clothes, the table, the wall. Notice textures, colors, materials weight ... Compare objects you touch; Colder? Lighter?*

Dig your heels into the floor. *Literally “grounding” them. Remind yourself that you are connected to the ground.*

Carry a grounding object in your pocket.

A small object (small rock, clay, a ring, a piece of yarn or cloth) that you can touch when triggered.

Notice you body. *The weight of your body in a chair, wiggling toes in socks, your back against the chair. You are connected to the world.*

Stretch, clench and release fists, or jump up and down.

Walk Slowly, noticing footsteps.

Focus on Breathing. *Notice each inhale and exhale. Repeat a pleasant word to yourself “easy” or “safe”*