

## 5-4-3-2-1 Grounding

The following strategy is useful for when you are feeling anxious, panic-ridden, or disassociating. As you work through the 5-4-3-2-1 model, make sure you say aloud each component of your senses you are focusing on.

**5:** State aloud (or in your head if you prefer) **FIVE** things you can see in the area around you. For example, you may see the ceiling, a desk, a lamp, etc.

**4:** State aloud (or in your head if you prefer) **FOUR** things you can touch in the area around you. For example, you may be able to feel the ground below your feet, the fabric of your shirt, your hair, etc.

**3:** State aloud (or in your head if you prefer) **THREE** things you hear in the area around you. For example, you may hear your stomach grumbling, a dog barking, or a car honking.

**2:** State aloud (or in your head if you prefer) **TWO** things you can smell. You may be able to smell the pillow on your bed or a highlighter in your desk. You can move around or outside of the room to find something to smell. If you cannot find something to smell, state aloud two of your favorite smells and imagine, in detail, smelling them.

**1:** State aloud (or in your head if you prefer) **ONE** thing you can taste. Does the inside of your mouth taste like anything? Coffee? Gum? Lunch? You can also take a bite of a food or snack near you. If you cannot find something to taste, state aloud your favorite thing to eat and imagine, in detail, eating it.