



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



## 5. Things you can see

Say out loud 5 things you can see now, and look at them, focusing briefly on each one



## 4. Things you can touch

Say out loud 4 things you can touch now, and touch them, focusing briefly on each one.



## 3. Things you can hear

Say out loud 3 things you can hear. Your breath can count for this too. You can close eyes if desired.



## 2. Things you can smell

Say out loud 2 things you can smell now. If there aren't two, you can imagine smelling something good.



## 1. Thing you can taste

Say out loud 1 thing you can taste now. Taste what's in your mouth, and if there isn't a real taste, imagine tasting something delicious.