

Grounding Exercise Script

Start

Let's take a few minutes to ground ourselves. This is a way to come back into the present moment-especially helpful if you're feeling overwhelmed, disconnected, or anxious. You don't need to do anything perfectly-just notice what you can.

1. Body Awareness

Start by bringing your attention to your body.

Notice your feet on the ground. Feel the surface beneath them-maybe the pressure, warmth, or texture.

Now notice the chair or surface supporting you.

Feel the weight of your body resting there. Let yourself be held.

2. Breath Focus

Let's take a slow, deep breath in through your nose... [Pause for 4 seconds]

Hold it gently... [Pause for 2 seconds]

Now exhale slowly through your mouth... [Pause for 6 seconds]

Let's do that again-inhale... hold... and exhale.

One more time, just like that... and let your shoulders relax with the out-breath.

3. 5-4-3-2-1 Senses Grounding

Now we'll use your senses to anchor to the present moment.

You don't need to say anything out loud-just notice quietly.

- Start by looking around and naming five things you can see.
- Now notice four things you can feel or touch.
- Next, listen for three things you can hear.
- Now bring your attention to two things you can smell.
- Finally, notice one thing you can taste.

4. Closing

Take one more slow, full breath. [Pause for 5 seconds]

Grounding Exercise Script

Gently bring your awareness back to your body, the room you're in, and the present moment.

Notice how you feel now-maybe just a little more steady, calm, or connected.

You are here. You are safe. You did a good job.