

Grounding

The **goals** for grounding are to *increase awareness* in the here and now and to have clear reality contact. Also, grounding is to help *reduce posttraumatic experiences* such as flashbacks, hypervigilance, and intrusive recollections and to *reduce dissociative experiences* like time loss and uncontrolled switching.

Present focused awareness is important because if you are paying attention to the here and now then you are less likely to be lost in thoughts of the past. Also, you will be less likely to be caught up in fearful thoughts about future events.

Grounding is the process of being present and connected in the here and now.

Using Your Five Senses for Grounding

- **Sight** – open your eyes; look around; name present –day sights; realize you are an adult; look how tall you are
- **Sound** – listen for present-day sounds and name them; let them bring you closer to the present; talk to yourself insides; say comforting things
- **Taste** – suck on a peppermint; chew gum; drink coffee; use tastes that are connected with being safe and being an adult; carry these things with you at all times
- **Smell** – use scented hand lotion; potpourri, a cotton ball soaked with perfume; scented candles to remind you of the present; carry something with you that you can use anywhere
- **Touch** – hold a safe object; feel textures and let them bring you closer to the present; pet your care or dog or pet

Items to use for Grounding Yourself

Sight	Sound	Smell	Taste	Touch
Watch or clock	Soothing music	Scented candle	Peppermint	Lotion
Photography	Nature sounds	Potpourri	Cinnamon	A stone
Outdoors	Familiar sounds	Scented lotion	Lemon	Ice cube
Driver's license	Your voice	Essential oils	Chewing gum	pets