






Five senses grounding technique

1. Acknowledge **FIVE** things you  around you. Maybe it is a bird, maybe it is pencil, maybe it is a spot on the ceiling, however big or small, state **5 things you see.**
2. Acknowledge **FOUR** things you can  around you. Maybe this is your hair, hands, ground, grass, pillow, etc, whatever it may be, state the **4 things you can touch.**
3. Acknowledge **THREE** things you . This needs to be external, do not focus on your thoughts; maybe you can hear a clock, a car, a dog park. or maybe you hear your tummy rumbling, internal noises that make external sounds can count, **what is audible in the moment is what you list.**
4. Acknowledge **TWO** things you can . This one might be hard if you are not in a stimulating environment, if you cannot automatically sniff something out, walk nearby to find a scent. Maybe you walk to your bathroom to smell soap or outside to smell anything in nature, or even could be as simple as leaning over and smelling a pillow on the couch, or a pencil. **Whatever it may be, take in the smells around you.**
5. Acknowledge **ONE** thing you can . What does the inside of your mouth taste like, gum, coffee, or the sandwich from lunch? **Focus on your mouth as the last step and take in what you can taste.**

- See more at: <http://www.therapistsb.com/blog/post/5-4-3-2-1-coping-technique#sthash.mJlCuZHq.dpuf>