

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



What are **5** things you can see?



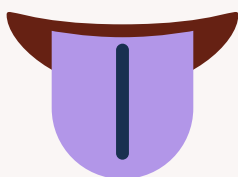
What are **4** things you can touch?



What are **3** things you can hear?



What are **2** things you can smell?



What is **1** thing you can taste?

