

# **SESSION 7: MENTAL GROUNDING TECHNIQUES**

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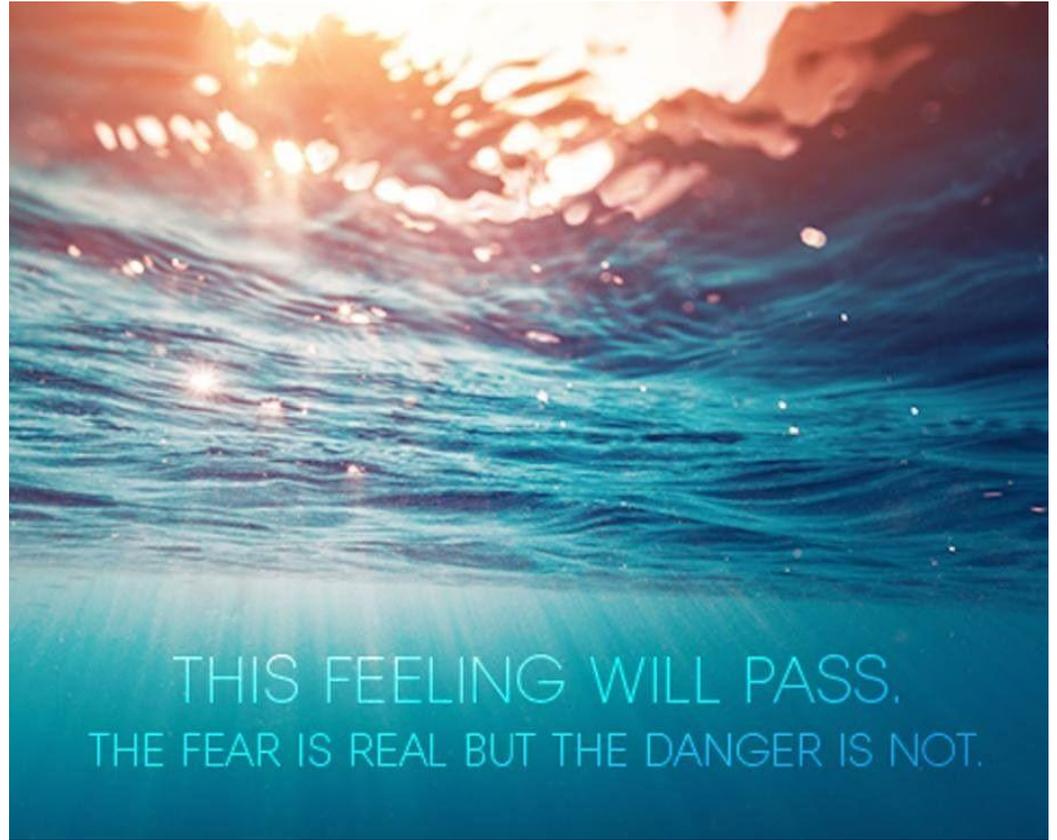
*Describe your current environment in detail, such as sounds, smells, numbers, brightness, and temperature.*





***Remind yourself that you  
are in the “here and now”  
moment, not the  
past, and you are safe right  
now.***

*Identify  
emotional  
triggers,  
knowing why or  
what makes you  
feel this  
way, and tell  
yourself that  
this feeling will  
pass.*



And be not conformed to this  
world: but be ye

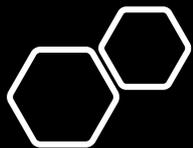
*transformed*

by the renewing of your mind,  
that ye may prove what is

that *good,*  
and *acceptable,*  
and *perfect,*

will of God.  
Romans 12:2

**Quote your favor  
scripture, prayer, or  
song lyric, and speak  
a blessing  
over yourself.**



*Visualize a safe place that makes you feel relax and peaceful.*

## **GUIDED VISUALIZATION**

