

Choosing From a Grounding Menu

Trauma and stabilization | Adults and teens 13+ | 10 to 15 minutes

Test a grounding option and personalize it using the person's response.

Grounding is a set of possible ways to reconnect with the current moment. Different options help different people. Try one brief option, notice its effect, and keep only what is useful. You can move, talk, or stop.

Choose an accessible option

Visual: describe three shapes or colors nearby. Sound: name two current sounds. Movement: gently shift position or press your feet against a surface if comfortable. Thinking: say the current date and name one planned activity. Connection: ask a trusted person to speak calmly about the present.

Review instead of pushing

Try for twenty to thirty seconds, then check whether you feel more present, less present, or unchanged. If touch, movement, body focus, or certain sounds are uncomfortable, choose another route. Do not force breathing patterns or use painful sensations to ground.

An option I want to try and an option I want to avoid

What I noticed before and after the brief practice

Changes that would make the option more useful or accessible

My preferred option and who can support me in using it