

5 4 3 2 1

GROUNDING TECHNIQUE

The 5,4,3,2,1 grounding technique is one of many coping techniques that allows an individual to step away from a painful or strong emotion and/or negative thoughts.

By focusing on the present, an individual can detach from from their past. They can be practiced anywhere, anytime!

How to: Wherever you are standing or sitting, take a deep breath, look around and find 5 things you can see in your surrounds, 4 things you can touch, 3 things you can here going on around you, 2 things you can smell right now and 1 thing you can taste.

5

you can



e.g., sun, animal,
chair, desk, laptop, pen

5 4 3 2 1

GROUNDING TECHNIQUE

4

you can



e.g., feet on the
floor, desk, pen, book

3

you can



e.g., clock ticking, wind
blowing, peers talking

2

you can



e.g., food, perfume,
fresh cut grass,

1

you can



e.g., breakfast,
toothpaste, chewy gum