



# Grounding Exercise

*Exploring the Senses  
through  
5-4-3-2-1*



## How To Do It:

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

### 5 - Look:

Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

### 4 - Feel:

Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

### 3 - Hear:

Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

### 2 - Smell:

Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

### 1 - Taste:

Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep belly breath to end.

Another way to utilize this same method is by focusing attention on bonding behaviors. Focusing on things in the here and now help anchor us to the present. So we can focus sensory things we see, hear, feel, smell, or taste. Look at her beautiful body.... Smell the fragrance of her hair... Feel the silkiness of her skin... Touch her, feel her touch on your skin...