



GROUNDING TECHNIQUE

5 4 3 2 1 ME

Grounding techniques allow us to step away from negative or distressing thoughts & flashbacks.

The **54321ME** technique uses the senses to draw our attention away from our thoughts – out of our heads and into the present, here, and now.

You can use this technique any time or place as follows;

- Take a deep breath
- Search for **Five** things you can **See** and name them; “*I see a tree, I see a vase... etc.*”
- Search for **Four** things you can **Feel** and name them, “*I feel the wind in my hair, I feel my feet in my shoes, ...etc.*”
- Search for **Three** things you can **Hear** and name them, “*I can hear the sound of traffic, I can hear people chattering etc.*”
- Search for **Two** things you can **Smell** and name them, “*I can smell damp in the air, I can smell coffee.... etc*” (if you cannot smell anything – name two of your favourite smells – *Fresh bread being baked perhaps or the smell of the swimming pool on holiday*)
- Search for One thing you can **Taste** and name it, “*I can taste the coffee I had earlier, or a toothpaste from when I brushed my teeth*”
- Name one thing that You are good at – “*I’m good at listening, I’m a good cook*”, etc.