

Grounding Worksheet

Some days can be more overwhelming than others, there are parts of these days where you might find yourself stuck in thought patterns that are either pushing you back to the instances of the past or making you worried about the fears of the future. Being caught up in these circular thought patterns can take us away from the experience of the present moment.

In moments like these use this grounding worksheet that can bring you back to the present so that you can deal with the demands of the situation and your expectations in a clear, calm, and thoughtful manner.

List 10 of the colors you see around you

5 things you can touch

4 sounds that you can hear

2 things you can smell

Play a memory game

Look at your surroundings, now close your eyes and see if can list every object you saw:

Pick a book next to you, read the first few lines, close the book, and list all the words you recall:

Write anchoring statements, write your name, the time of the day, the weather, where you are now, and what you are doing:

List your favorite songs, food, and places:
