

5 4 3 2 1 Grounding Exercise



LOOK

Think of 5
objects you
can see
near you



FEEL

Think of 4
things you
can touch
near you



LISTEN

Think of 3
noises you
can hear
near you



SMELL

Think of 2
scents you
can smell
near you



TASTE

Think of 1
thing you can
taste

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