

# 5 4 3 2 1 Grounding Exercise



## LOOK

Think of 5  
objects you  
can see  
near you



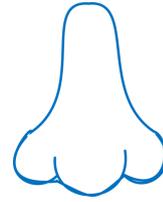

## FEEL

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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