

5-4-3-2-1 Grounding Method Guide

A present-moment sensory exercise for anxiety, panic, trauma reminders, dissociation, or emotional overload.

Patient name:	_____	Date of birth:	_____
Date completed:	_____	Appointment date:	_____

Pause first

Place both feet on a stable surface if possible. Breathe naturally. Look around and remind yourself: "I am here, in the present, and I am noticing my surroundings."

5 things you can SEE

Name colors, shapes, light, objects, or movement.

4 things you can FEEL

Notice your feet, clothing, chair, temperature, or an object in your hand.

3 things you can HEAR

Notice nearby and distant sounds without judging them.

2 things you can SMELL

Notice scents in the room, outdoors, or on an item. If none are present, recall two familiar scents.

1 thing you can TASTE

Notice your current taste or take a safe sip of water, mint, or gum.

After grounding

Distress before (0–10): _____

Distress after (0–10): _____

What helped most? _____

If symptoms increase

Stop the exercise, orient to a safe person or place, and use a different coping strategy. Seek urgent help if you cannot stay safe.

