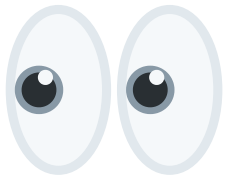


5 * 4 * 3 * 2 * 1

Grounding Technique



5

List 5 things you can see



4

List 4 things you can touch



3

List 3 things you can hear



2

List 2 things you can smell



1

List 1 thing you are grateful for