

Worksheet for Clients

Name \_\_\_\_\_

Date \_\_\_\_\_

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# Grounding Skills

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Grounding skills are helpful techniques to bring you back to the present moment when you're feeling overwhelmed or triggered. They can provide a sense of stability and safety. This worksheet will guide you through three categories of grounding skills: physical, mental, and soothing grounding. Take some time to read the descriptions and examples, then practice these techniques daily.

## Exercise 1 Physical Grounding

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Physical grounding involves focusing on your body and the environment to bring your attention to the present moment.

### Examples:

- Gripping the arms of a chair and noticing the sensations.
- Digging your feet into the ground and feeling the pressure.
- Feeling a comforting object or running your hands under warm water.

### Practice:

Choose one physical grounding technique that resonates with you and practice it at least once daily for the next week. Write down your experience, and whether and how it made you feel more present and grounded.

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## Exercise 2 Mental Grounding

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Mental grounding involves redirecting your attention away from triggers or distressing thoughts by focusing on something else in the present moment.

### Examples:

- Nonjudgmentally describing your current environment in detail.
- Listing categories such as dog breeds or band names.
- Describing everyday tasks in great detail.

### Practice:

Select a mental grounding technique that you find helpful and practice it whenever you feel overwhelmed or triggered. Write down the technique you used, what you focused on, and how it helped you shift your attention away from distressing thoughts or memories.

## Exercise 3 Soothing Grounding

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Soothing grounding techniques involve using comforting objects or thoughts to create a sense of safety and relaxation.

### Examples:

- Listening to your favorite song.
- Picturing people you care about.
- Saying a coping statement out loud.

### Practice:

Identify a soothing grounding technique that resonates with you and incorporate it into your daily routine. Whenever you feel the need for comfort or relaxation, engage in this technique and take note of any positive effects it has on your emotions and well-being.

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## Reflect:

How did practicing grounding skills make you feel? Did you notice any changes in your ability to stay present and manage overwhelming emotions?

Are there any specific grounding techniques that worked particularly well for you? How do they contribute to your overall well-being and coping strategies?

## Remember:

- Grounding skills are adaptive forms of avoidance when used mindfully and consciously. The goal is to help you overcome challenging moments without worsening the situations.
- Be patient with yourself as you explore and practice grounding techniques. It takes time to develop these skills, but they can become powerful tools for managing distress.