

Grounding Skills

These skills are helpful when: you have had an emotionally difficult scene. They can help when you are triggered, you are having a flashback, start to dissociate (feel like things aren't real, feel like you are in another place), when you feel overwhelmed by emotional pain or traumatic memories, and when you aren't sure where you are or what is going on around you. These are also skills you can prompt a partner to use or help walk them through should you notice they are experiencing significant distress.

Use these skills to: bring yourself out of a flashback, bring the focus of your attention to the present moment, to gain control of your feelings, and to feel safe. They can also be used to help do these things for a partner.

Circle techniques below that you will use when feeling triggered. Keep the completed sheet in your play bag (or make one you like better!) and let potential partners know how they can prompt you or help you to do these things during or after an intense scene when needed.

Do:

1. Count ceiling tiles.
2. Hold ice.
3. Run cool or warm water over your hands.
4. Eat something.
5. Focus on your breathing.
6. Describe your environment in detail.
7. List everything you can think of in a category (types of dogs, cereals, etc.)
8. Read a book or magazine backwards.
9. Dig your heels into the floor.
10. Squeeze a stress ball.
11. Jump up and down.
12. Grab tightly to your chair and squeeze hard.
13. Stretch.
14. Take a shower.
15. Walk slowly, noticing each footstep.
16. Think of your favorites (color, TV show, actor, musician, song).
17. Remember a safe place and describe it in detail.
18. Picture people you care about.
19. Think of things you are looking forward to.
20. Do simple math problems in your head.
21. Play with a fidget toy, focusing on each movement.
22. Clap your hands or rub your palms together.
23. Exercise.
24. Pet your dog/cat if you have one.
25. Hold a stuffed animal.
26. Listen to music you like.
27. Dance.
28. Talk to someone and ask them to distract you.
29. Do jumping jacks.
30. Have a drink of water.
31. Describe an everyday activity in detail.
32. Throw a ball back and forth with someone or against a wall.
33. Play "I spy:" look around the room and name what you see.
34. Put on lotion/perfume/cologne you like.
35. _____

Say (aloud or to yourself):

1. I am safe right now.
 2. My name is _____.
 3. I am ____ years old.
 4. I was born on ____ (list month, day, and year).
 5. I am at _____ (name where you are).
 6. Today is _____ (day of the week, month, date and year).
 7. Count to 10 or say the alphabet slowly.
 8. Say soothing words as you breathe in and out.
 9. I can handle this.
 10. This feeling will pass.
 11. Say kind things to yourself.
 12. Sing your favorite song
 13. Repeat a poem, meditation, or prayer you find helpful.
 14. Ask yourself the name of the month/season/president/state you live in/place you are and say it out loud.
 15. Say the names of your friends or family members out loud.
 16. _____
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Summary of the Top 5 Techniques I will use:

1. _____
2. _____
3. _____
4. _____
5. _____

Grounding Plan

Signs I am feeling triggered and need to utilize a grounding technique (How do you know you need help or need to call a scene? Thoughts, body sensations, ect):

Things I can do for myself when I am triggered:

Things my partner can do to help me when I am triggered:

Remind me of where I am • Tell me I am safe • Ask me to list my favorites

Other things a partner can do:
