

Grounding Techniques: 5-4-3-2-1

How to Use

- Name 5 things you can see.
- Name 4 things you can physically touch.
- Name 3 things you can hear.
- Name 2 things you can smell (or recall pleasant scents).
- Name 1 thing you can taste (or take a sip of water).

Practice Log (Try once daily)

Use this log to track your practice and changes in intensity.

Date	Situation/Trigger	What I Noticed (Senses)	Intensity Before (0-10)	Intensity After (0-10)	Notes

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