

humantold

Mindfulness: 5-4-3-2-1 Grounding Exercise

This technique will help ground your clients in their five senses and stay in the present.

5 things you can see

Notice five things you can see and name them out loud.

4 things you can touch

Touch four things around you and describe them out loud.

3 things you can hear

Acknowledge three things you can hear and name them out loud.

2 things you can smell

Notice two things you can smell and name them out loud.

1 thing you can taste

Find one thing you can taste and describe it out loud.

Adapted from: EMDR Therapy Training Manual by William Zangwill.