

Grounding Techniques

When you begin to dissociate, have flashbacks or experience strong feelings, here are some management tools. Go down the list and keep trying until you find something that works!

- Repeatedly blink your eyes hard.
- Change the position of your body.
- Try to regulate your breathing - slow, even, rhythmic, full breaths - try counting your breaths - 1 in, 2 out, 3 in, 4 out until you get to 10 and start over..
- Use imagery to go to a safe and soothing place in your mind.
- Go to an actual place in your home or surroundings that feels safe to you.
- Move vigorously around your environment.
- Name objects in your environment out loud.
- Hold onto a safe object.
- Listen to a soothing tape.
- Clap your hands.
- Stamp your feet on the floor.
- Wash your face with cold water.
- Say positive statements about yourself ("I'm a good person." "I'm strong and capable..." etc.).
- Remind your self out loud that you are safe ("I'm an adult. I can leave anytime I want to. I can take care of myself.")
- Spray the memory with a bottle of (imaginary) cleanser until it goes away.
- Project the flashback on a dry erase board, and then erase it. Do the back and forth movements of the eraser with your hand.
- Draw the flashback on paper. Then shred it, burn it, or bury it.
- Draw the feeling associated with the flashback. Give it a title and try to add some words.
- Put the flashback into an imaginary vault or container.
- Eat something delicious.
- Sing!
- Dance!
- Call a friend.
- Plan a meal.
- Read a magazine.
- Make a collage.
- Knit, crochet, or sculpt some clay.
- Grab your car keys and hold them (these are a symbol of adulthood and independence).
- Touch a piece of jewelry on your body.
- Go outside if you're inside. Go inside if you're outside.