

Personal Grounding Menu

Build a personalized list of present-focused strategies to test during ordinary stress or emotional activation.

USE WITH: Therapist and adult client

TIME: 15 minutes

ORIGINAL WORKSHEET

Facilitator note: Grounding preferences differ. Stop any strategy that increases distress, pain, dissociation, breathing difficulty, or a sense of unsafety. This is not a crisis plan.

How I know I am becoming activated

Early body signals, thoughts, urges, attention changes, or behaviors:

Strategies I am willing to test

- Name and describe things I can see
- Press my feet into the floor
- Hold a comfortable object
- Use a steady breathing pace
- Stretch or move gently
- Say the date, place, and what I am doing

My best three options

1 First option

2 Second option

3 Third option

What makes grounding easier?

Privacy, space, movement, music, temperature, a support person, a reminder, or another condition:

Review after practice

Strategy used

Distress before/after (0-10)

What I would change
