

# Grounding Techniques Log PTSD Worksheet

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Physician's Name:** \_\_\_\_\_

Write down five or more grounding techniques from your list or from your physician that you want to practice.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Practice the techniques multiple times daily for five minutes or more until you're calm and in control.

Record your experience in the chart below. For the rating, here's what each number means:

Rating	Interpretation
1	no effect
2	little effect
3	effective but took time
4	effective in keeping me calm and focused
5	immediate calming effect

Technique	Date Done	Rating	Comments
		<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	



		<input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	
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Source: Mandić, T., PhD. (2019). Arousal: Understand Your Body. In *The PTSD Workbook* (pp. 23-25). Between Sessions Resources.