

Grounding with Senses DBT Worksheet

Case Study:

Instructions:

Grounding exercises are designed to help you stay present and reduce distress by connecting with your immediate surroundings. Use this worksheet to practice grounding using your senses. Choose one of the grounding techniques below and follow the steps to engage your senses and bring your focus to the present moment.

Technique: Body Scan - Touch Sensation

Sense: Choose one

- Sight
- Hearing
- Touch
- Smell
- Taste

Steps:

Observe

Describe

Participate

Focus

Acknowledge

Reflect

Additional Notes

Therapist's Notes