

The 5-4-3-2-1 Grounding Exercise

1. Identify 5 things you can see.

For this exercise, you will rely on your sight.

Scan your immediate environment and pick five things (colorful things, ideally) and, one at a time, focus on each one. Notice what they look like, their shapes, their colors.

After this whole exercise, describe what you've seen and observed in the box below. Be as detailed as possible.

2. Identify 4 things you can touch.

For this exercise, you will rely on your hands and feet.

Scan your immediate environment and pick four objects you can hold. One by one, hold them and take your time feeling each one. Notice their shapes and textures. Do this while feeling the floor on your feet. The floor doesn't count as one of the four things you can touch, though.

After this whole exercise, describe what you've touched in the box below. Be as detailed as possible.

3. Identify 3 things you can hear.

For this exercise, you will rely on your ears.

Close your eyes and focus your ears. Identify three things you can hear. It can be ambient noise, music, birds chirping, cars honking, anything.

Notice each of the things you hear. What do they sound like? What do these sounds make you feel?

After this whole exercise, describe what you've heard in the box below. Be as detailed as possible.

4. Identify 2 things you can smell.

For this exercise, you will rely on your nose.

Close your eyes and focus on what you can smell. Identify two of them. It can be anything from the smell of the room, perfume, incense, fruits, flowers, etc.

What do they smell like? What do their scents make you feel?

If you can't smell anything because of a cold or something, recall the last two things you smelled. What did they smell like, and how did their scents make you feel?

After this whole exercise, describe what you've smelled in the box below. Be as detailed as possible.

5. Identify 1 thing you can taste.

For this exercise, you will rely on your mouth and tongue. It would be best to have a snack or meal ready, too, but it's okay if you don't have any.

If you have a snack or meal, slowly eat it. Notice how it feels in your mouth. What does it taste like? What's the texture like? What does the taste make you feel?

If you don't have a snack or meal, notice what taste lingers in your mouth at the moment. What does it taste like? What does it make you feel?

After this whole exercise, describe what you've tasted in the box below. Be as detailed as possible.