
Grounding Station 1

Sitting

Notice the sensations in your bodies that come from sitting. Feel free to change the way you are sitting to one that is most comfortable for you.

Now, if you like, take a few moments to pay attention to the contact of your body with the seat or the floor. Just notice how the chair is supporting your body, or how the floor is supporting your legs and feet.

Track your current sensations. If this grounding activity is uncomfortable for you, feel free to shift to a resource or a Help Now! Strategy.

Grounding Station 2

Standing

Stand in the way that is most comfortable for you. Try several different stances if you want to. Each time, see how your body responds by noticing what happens on the inside.

Track what sensations you notice in your body now that you're standing. Notice and name what you're feeling on the inside.

Grounding Station 3

Pushing Down on Desk

You can sit down or stand up for this. Choose for yourself whether you'd like to close your eyes, if that helps you concentrate. Push down on the (table/desk/floor) with our hands. It doesn't have to be too hard; you decide the level of pressure that feels best to you.

And now track what sensations you feel on the inside as we do this.

Grounding Station 4

Leaning or Pushing Against the Wall

Try leaning against the walls with your back. Try tracking while you do this, paying attention to our sensations on the inside and noticing the place where the body meets the wall.

What sensations are you noticing now? Are they pleasant, unpleasant, or neutral?

Try pushing against a wall with your hands. While doing that, remember to do tracking. Notice what sensations are in your body when you push against a wall, and where in your body we feel those sensations.

Grounding Station 5

Holding an Object

Hold an object of your choice in your hands. You close your eyes or keep them open.

Feel the weight of the object in your hand. Notice where the object is resting against the palm of your hand.

What do you notice? Are any sensations, thoughts or feelings coming up for you?

Grounding Station 6

Grounding Practice of Your Choice

Now choose the grounding strategy of your choice: intentionally standing or sitting, pushing down on a hard surface with your hands, or pushing against or leaning on a wall, or holding an object of your choice.

As you begin this practice, remember that what makes this a skill that can be used to shift how you are feeling is to track while you are grounding, noticing and naming what you're feeling inside.

Take a minute to pay attention to the place that your body is meeting the object of choice. What sensations are you noticing? Are they pleasant, unpleasant, or neutral?

There are no right or wrong answers to these reflection questions. Whatever is true for you, is your right answer.