

Flashbacks

Physical Grounding:

Touch an object near them.

Focus on physical sensations that you experience

Continue to do this until in the present.

Example: chair, clothing, pet, fuzzy blanket, running hands under cold or warm water, carry an object around (rock).

Auditory Grounding:

Verbally in a quiet voice remind of the date, time, and year

You are in the present and are safe

You are not in danger

Verbal Grounding:

Describe the room you are in

Talk about your favorite things

Describe a safe place in your mind

Repeat a comfortable saying

Remind yourself you are in a safe place

Thought Stopping:

Blow up a stop sign as big as you can in your head. Put flashing lights on it and keep telling yourself to stop.

5, 4, 3, 2, 1

Answer the following questions

List 5 things you see

List 4 things you hear

List 3 things you feel

List 2 things to smell

List 1 thing you taste.

You may have to use different techniques. One technique does not fit all.