Grounding and Resourcing

A worksheet for strengthening present awareness and supportive resources

Purpose: This exercise helps you orient to the present, notice sensory and body cues, identify supportive resources, and create a short plan for staying engaged when distress increases.

1. Orient to the Present

Grounding is a way of deliberately noticing the present when attention has become pulled into a memory, fear, or overwhelming internal experience. It does not require forcing distress to disappear.

Where am I right now? Name the place, date, and time of day.

What tells me that this moment is different from the difficult experience I am remembering or anticipating?

2. Use the Senses

Sense — See · What I notice right now

Sense — Hear · What I notice right now

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Sense — Feel / touch · What I notice right now

Sense — Smell · What I notice right now

Sense — Taste · What I notice right now

3. Notice the Body

Where do I notice tension, activation, numbness, warmth, pressure, or movement?

What changes if I feel my feet on the floor, the chair supporting me, or my back against a surface?

4. Resources That Help Me Stay Present

Resource — Person / relationship · What makes it useful

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Resource — Place · What makes it useful

Resource — Image or memory · What makes it useful

Resource — Object · What makes it useful

Resource — Movement · What makes it useful

Resource — Phrase / reminder · What makes it useful

5. Grounding vs. Avoidance

Grounding	Avoidance
Helps me stay present enough to choose what to do next. It makes room for an emotion or memory without being completely pulled into it.	Is used primarily to escape, suppress, or guarantee that I will not feel the difficult experience.

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How can I tell when I am using a skill to stay present rather than to force an emotion away?

6. My Short Grounding Plan

When I notice I am becoming overwhelmed, I will orient by:

One sensory anchor I will use:

One supportive resource I will remember:

If distress keeps increasing, my next safe step is: