

Using Grounding to Detach from Emotional Pain

WHAT IS GROUNDING?

Grounding is a set of simple strategies to detach from emotional pain (e.g., drug cravings, self-harm impulses, etc.).

Mental Grounding

∞ Describe your environment in detail, using all your senses—for example, "The walls are white; there are

Blank lined writing area for mental grounding exercise.

→ Picture people you care about (e.g., family, friends, pets, etc.)

Grounding Exercises

When people become overwhelmed with distressing thoughts or feelings, including

intense anxiety, activities that keep your mind and body connected (called “grounding”) can be helpful in regaining a sense of stability and mental focus. The following are

number of grounding exercises to choose from to help firmly anchor you in the present moment and provide you with space to choose where to focus your energy. You may need to try multiple different exercises to find one or two that work best for

10. If you are lying down, feel the contact between your head, your body and your legs, as they touch the surface you are lying on. Starting from your head, notice how each part feels. all the way down to your feet. on the soft or hard surface

11. Stop, look, and listen. Notice and comment