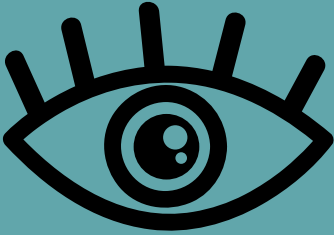


5-4-3-2-1 Grounding Technique

Center your breath and then identify...
makea sanders, lpc

5 things you can
see



4 things you can
touch



3 things you can
hear

1 thing you can
taste

2 things you can
smell

