



# Mental Grounding Techniques

1. Look around the room and name everything you can see that is a certain colour (eg every red object). Try counting the windows or chairs, or describe the room you're in in detail. This can help you to focus on the space you are in, and remind you that you are safe.
2. Play the alphabet game - try listing a name beginning with each letter of the alphabet, or an animal, or a place.
3. If you feel you have regressed, slowly allow yourself to progress - say 'I am now 9...I am now 10...until you reach your current age.
4. Describe an everyday activity in detail, such as how to cook your favourite recipe.
5. Sometimes imagining a particular image can help, for example a stop sign in your mind, or yourself gliding on skates away from the pain. Other examples are changing the 'TV channel' in your head, or imagining a wall as a buffer between you and the pain.
6. Safety statements can help, such as 'I am safe now, I am in the present not the past, I am in this location and the date is...'
7. Use concentration - say the alphabet backwards or practice some tricky sums.

