**Grounding Exercises**

Grounding procedures help to get re-connected to (or re-grounded in) the real world in-the-moment around you.

**Sensate Focus**

Concentrate on one of your senses at a time (what you see, hear, taste, smell, or feel through your sense of touch).

**Hearing:** Try to block out your other senses and just focus on your hearing. What can you hear in this moment? It may help to close your eyes, but you can keep them open if it’s uncomfortable to close them.

**Seeing:**Look around the room. What colour, object, or person is the most calming and comforting for you? Focus on that, in this moment, and block out other distractions.

**Touching:** Touch the chair and table near you. Notice the temperatures of the different parts of the furniture. Pay attention to the textures. Focus all your energy on just noticing what you are touching in this moment. Feel your feet on the floor, and your seat in the chair. Stand up and walk around.

**Taste:** Try some gum or candy. Take several minutes to notice the taste in your mouth. Notice how the sense of taste is useful for focusing attention or distracting from disturbing thoughts or emotions.

**Smell:**This is the only smell that is processed through a different part of the brain than the other senses. This part is associated with emotions (fear, anger, sadness). Some smells immediately take us to memories of either happy and calm, or scary and sad experiences. Try some aromatherapy oils and find one that makes you feel good.

**Cook’s Hookups**

While sitting in a chair, cross one leg over the other, with the inside thigh of the crossed leg facing the ceiling. The leg that is crossed over the one with the foot on the ground should rest just above the knee of the anchored leg, crossing a few inches above the ankle. Now cross your arms just above the wrists, and grasp the crossed leg with both hands. In this way, you are sitting comfortably with both your arms and legs crossed. Hold this pose and just focus on any of the senses (or on your breathing). This often reduces distress, and can even bring you back from dissociated (numbed out) states. This is also a good pose because you can use it almost anywhere and nobody will notice.

Adapted from CPSY 590 Advanced Counselling Skills Course Pack, by Dr. Rick Bradshaw