

GROUNDING: Grounding is a set of strategies to detach from emotional pain, (i.e. racing and thoughts, negative talk, worries, anger, sadness). Distraction works by focusing outward on the **external world**, rather than inward toward the self. You rate yourself before and after the grounding (on a scale of 1 – 10).

WHY GROUNDING: When you are overwhelmed with emotional pain, you need a way to detach so that you can gain control over your thoughts and feelings. Grounding “anchors” you to the present and to reality. Many people who stutter struggle with feeling too much (overwhelming emotions, memories, worries) or too little (numbing, avoiding). **In grounding, you attain a balance between the two: aware of reality and able to tolerate it.**

GROUNDING is also the relationship between a person and the earth. When we are grounded we have a sense of self in relationship and space. We are not worried about the past or the future. You can be focused in the present moment.

Or

GROUNDING, which really means just what it sounds like ... we connect with the ground. More specifically, we use our relationship with gravity and the earth as a practice for *settling* and *stabilizing* ourselves.

WE CAN practice a simple grounding exercise by taking a moment to feel the connection between our bodies and the earth. A few ways to do that include: feeling your feet in contact with the ground ... your seat and back in contact with the chair ... your hands in contact with the desk. See if you notice your body resting any more deeply into the floor, or the chair, or the desk as you feel the contact.

FEEL FREE Feel free to move your body for grounding. Remember to *slow down* and feel your *connection* with the earth through your feet or your hands or any other part of the body that is in contact with the ground.

Examples of Grounding:

- *Imagine putting your worry thoughts or painful emotions into a container, and then putting distance between yourself and the container (i.e. across a football field, over a mountain, etc.)*
- *Remind yourself that you are safe. Notice your breathing and slow it down. Notice your self-talk and make it compassionate (not harsh). Notice where you don't have tension in your body.*
- *Physical Grounding: Wiggle your toes, dig your heels into the ground, carry an object in your pocket that you can touch, run cool water over your hands.*
- *Mental Grounding: describe your environment (i.e. the walls are white, there are five chairs, there is a clock on the wall), name the colors in a room, select a category (i.e. name TV shows, sports teams, musicians, etc.) count from one to 10.*
- *Soothing Grounding: Think of your favorites (i.e. colors, animals, food, TV shows, books), recall a favorite song (think of the lyrics and the beat), put your hands under a running faucet, describe a safe place or favorite memory to yourself.*

Take Home Notes - My Favorite Grounding Skills are? and I use grounding skills when?

Area: Seeking Safety & Somatic therapies

Najavits, L. (2001). *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*. The Guilford Press.