

5-4-3-2-1 Sensory Grounding

A present-orientation prompt for hyper-arousal or mild dissociation, with therapist pacing.

Use when

The clinical task is anchoring attention to the room before the client moves into narrative, problem-solving, or exposure work.

Sensory contact

5 things I can see

4 things I can touch

3 things I can hear

2 things I can smell

1 thing I can taste or imagine tasting

After the prompt

Body signal after grounding

Distress before and after 0-10

Support needed before leaving session