

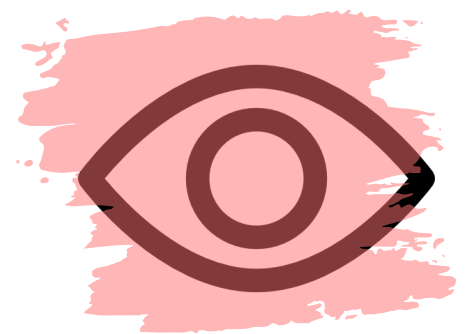
5 - 4 - 3 - 2 - 1

# Grounding techniques

5

THINGS YOU CAN

See



4

THINGS YOU CAN

hear



3

THINGS YOU CAN

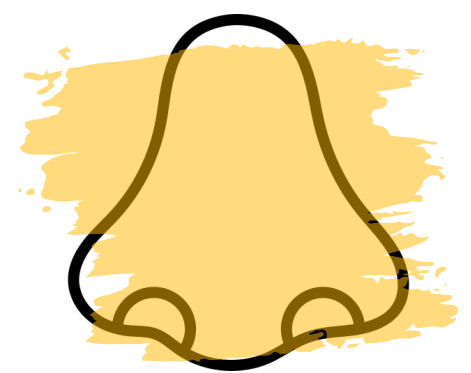
feel



2

THINGS YOU CAN

smell



1

THINGS YOU CAN

taste

