## GROUNDING EXERCISE

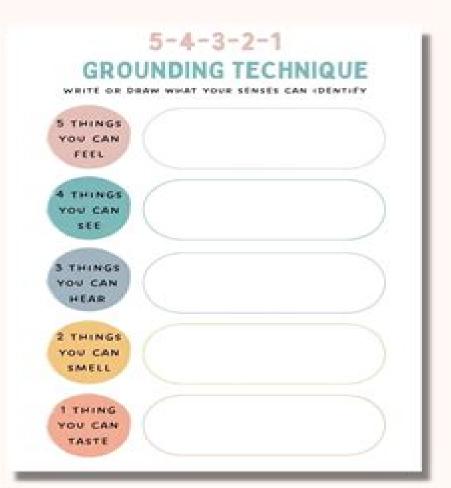
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# GROUNDING

Take a deep breath and identify

- 5 Things you can FEEL
- 4 Things you can SEE
- 3 Things you can HEAR
- 2 Things you can SMELL
- 1) Thing you can TASTE



## **The Grounding Workbook**

**Hussin A.Rothana** 

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