



My 5-4-3-2-1 Grounding Worksheet

Rate how you feel, work down through your five senses, then rate again. Below that, build your own grounding toolkit, plan for next time, and keep a short log.

01 How do I feel right now?

Start with a quick check. There's no right answer, just an honest number.

How overwhelmed, anxious or spaced out do I feel right now?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Calm and here

Completely overwhelmed

What's going on, in a few words? (optional)

02 5-4-3-2-1: work through your senses

Take your time with each one. Look, listen and feel around you, and write down exactly what you notice.

5 things I can see

Pick out small details: colours, shapes, light, things you'd normally miss.

1.

2.

3.

4.

5.

4 things I can feel

Your feet on the floor, your clothes on your skin, the chair behind you, the air on your face.

1.

2.

3.

4.

3 things I can hear

Near and far: a hum, traffic, voices, your own breathing.

1.

2.

3.

2 things I can smell

If nothing stands out, move to find a smell, or name two smells you like.

1.

2.

1 thing I can taste (or 1 good thing about myself)

1.

03 How do I feel now?

Re-rate it. It doesn't need to drop to zero. A few points lower is a real win.

How overwhelmed, anxious or spaced out do I feel now?



Calm and here

Completely overwhelmed

What helped most, or what got in the way?

04 My grounding toolkit

5-4-3-2-1 is one technique of many. Tick the ones that work for you, or that you'd like to try, so you have a few to choose from.

- ☐ Pressing my feet into the floor and noticing it push back
- ☐ Breathing out for longer than I breathe in (in for 4, out for 6)
- ☐ Cold water on my hands or wrists, or holding something cold
- ☐ Holding something with a texture (a stone, a keyring, a soft fabric)
- ☐ Naming things in a category (animals, cities, songs)
- ☐ Describing the room around me in detail
- ☐ Saying my name, the date and where I am
- ☐ Pressing my palms together, or pushing against a wall
- ☐ A strong taste or smell (a mint, lemon, coffee, hand cream)
- ☐ Moving: a short walk, a stretch, shaking out my hands

Other things that bring me back to the present:

05 A plan for next time

Decide now, while you're calmer, what you'll do when it happens again. Write it as 'If I notice..., then I will...!'

If I notice...

A sign, a place or a moment

Then I will...

One grounding technique

Someone I can reach out to if grounding isn't enough:

06 When I used it

A short log helps you see what works for you. Note each time you tried a grounding technique, and how you felt before and after (1 to 10).

When Date, and what was happening	Before 1 to 10	What I tried	After 1 to 10

When you're done, a moment to reflect

- What tends to happen just before you start to feel overwhelmed or spaced out?
- Which sense brings you back to the present most quickly: sight, touch, sound, smell or taste?
- Where are you most likely to need grounding, and which technique could you do there without anyone noticing?
- What would you say to a friend who was struggling in the same moment?
- Once you're steadier, is there something underneath the feeling that's worth looking at, or talking to someone about?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.