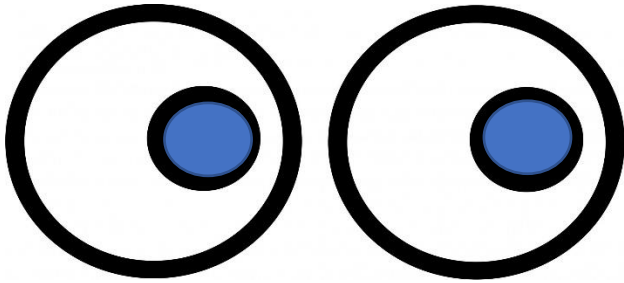


## Grounding (5 senses)



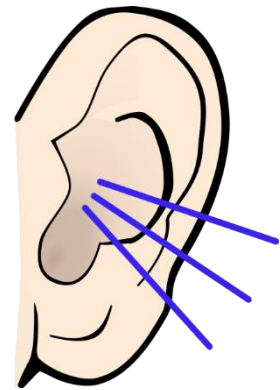
PROGRESS  
PSYCHOTHERAPY

What we focus on gets bigger in our perception. A focus on anxiety makes it bigger but so does a focus on neutral things. Focus on each sense slowly, really take it and what it makes you think or feel.



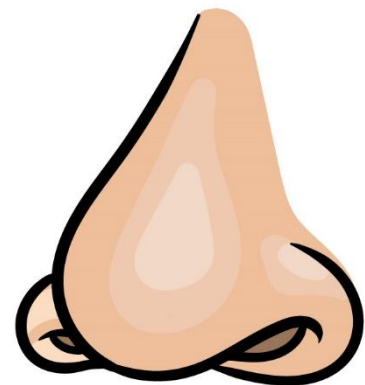
**5 things you can see**

**4 things you can hear**



**3 things you can touch**

**2 things you can smell**



**1 thing you can taste**