NEW DAY RECOVERY

Session 16 Handout

Grounding Card: 5-4-3-2-1

From Session 16. Practice 5-4-3-2-1 once on a calm day so it is familiar before you need it.

Understanding is not excavating. What we can work on here is today's responses — with grounding, structure, and support. If this session stirred anything heavy, tell your coach or counselor this week.

GROUNDING — 5-4-3-2-1 When the moment overwhelms you, slow down and name: 5 things you can see 4 things you can hear 3 things you can feel 2 things you can smell 1 thing you can taste My most reliable volume knob (walk, cold water, music, a person): _____	**GROUNDING — 5-4-3-2-1** When the moment overwhelms you, slow down and name: 5 things you can see 4 things you can hear 3 things you can feel 2 things you can smell 1 thing you can taste My most reliable volume knob (walk, cold water, music, a person): _____
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Add your volume knob to your Safety Plan as a step-two strategy. Change any step only with your counselor.