

SUGGESTED GROUNDING TECHNIQUES

I discovered these grounding techniques from the book, “Brief Therapy for Post-Traumatic Stress,” by Lori Beth Bisbey and Stephen Bisbey. These techniques can be helpful when you are feeling dissociated and need to connect back to self.

I suggest that people conduct this exercise initially with their therapist, and then refer to them as needed. If you find it difficult or impossible to recall events of connection, please do not hesitate to discuss with your therapist.

Try to remember:

- A time when you confided in someone
- A time when you felt very close to someone
- A time when you were communicating well with someone
- A time when someone confided in you
- A time when someone was communicating well with you
- A time when someone really liked you
- A time when you really liked someone
- A time when the world seemed very vivid to you
- A time when you were in good control of a situation
- A time when someone really understood you
- A time when you really understood someone
- A recent time when you shared someone’s world
- A recent time when someone shared your world
- A recent time when you really liked someone

- A recent time when someone was really fond of you
- A recent time when you felt close to someone
- A recent time when you felt a strong sense of reality
- A recent time when you understood someone
- A recent time when someone really understood you
- A recent time when you were in good control of things