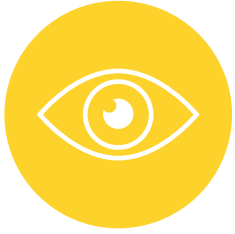


5-4-3-2-1

Grounding Technique



5 Things You **See**



4 Things You **Feel**



3 Things You **Hear**



2 Things You **Smell**



1 Things You **Taste**