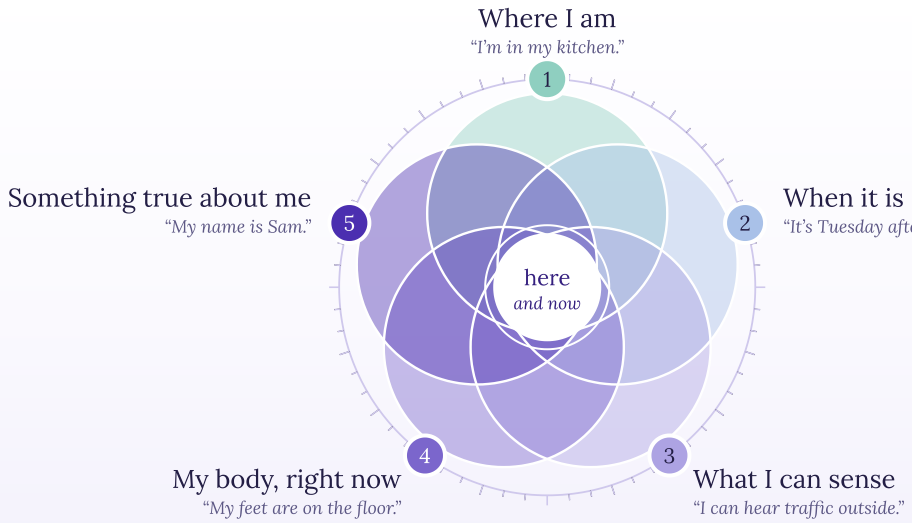
Name 5 Things That Are True Right Now

GROUNDING AND REALITY ORIENTATION

A reality-orientation tool for anxiety, overwhelm or dissociation

When feelings are strong, or the world feels far away or unreal, plain facts about the present can help you find your footing. These are not positive thoughts, and you do not need to argue with how you feel. They are ordinary facts that are true right now, and together they point to one place: here.



01 How to use it

slowly, one at a time

1 Slow it down
Say each fact slowly, aloud or in your head.

2 Keep it plain and specific
"The kettle is on," not "everything is fine."

3 Notice what shifts
Rate how present you feel. Small changes count.

02 My five true things

fill these in now, so they are ready when you need them

1 · Where I am
the place, the room, what is around me

2 · When it is
the day, the time, the season

3 · What I can sense
something I can see, hear, touch or smell

4 · My body, right now
how I am sitting or standing, my breath

5 · Something true about me
my name, my age, something ordinary

03 When it is hard to think

ready-made true statements, tick the ones that fit

- ○ I am here, in this room.
- ○ I can feel the chair under me.
- ○ I am breathing.
- ○ This feeling is here, and so is this room.
- ○ Feelings rise and ease.
- ○ I am safe right now, if that is true.
- ○ I can take one step at a time.
- ○ Today is _____.

How present do I feel?

BEFORE

0 1 2 3 4 5 6 7 8 9 10

AFTER

0 1 2 3 4 5 6 7 8 9 10

far away *fully here*

GOOD TO KNOW

Grounding is used in treatments such as Seeking Safety (Najavits, 2002), though research on it alone is limited. Feeling unreal is a recognised form of dissociation (Holmes et al., 2005).

WHEN TO TALK TO SOMEONE

If feeling unreal or losing time happens often, or affects your safety, talk with your GP or psychologist.

SOURCES

Holmes, E. A., Brown, R. J., Mansell, W., Fearon, R. P., Hunter, E. C. M., Frasquilho, F., & Oakley, D. A. (2005). Are there two qualitatively distinct forms of dissociation? A review and some clinical implications. *Clinical Psychology Review, 25*(1), 1–23. https://doi.org/10.1016/j.cpr.2004.08.006

Najavits, L. M. (2002). *Seeking safety: A treatment manual for PTSD and substance abuse.* Guilford Press.

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