



GROUNDING WORKSHEET



Focus on present-moment sensations in anxiety-provoking situations and name them:

1. 5 things you see

(e.g., after mistakes, before important events, when I compare myself to others)

2. 4 things you can touch

(write exact phrases or typical thoughts)

3. 3 things you can hear

(work, relationships, appearance, studies, social situations, etc.)

4. 2 things you can smell

(anxiety, shame, sadness, anger, motivation, etc.)

5. 1 thing you can taste

(avoid tasks, overwork, isolate myself, overthink, etc.)



Get a complete picture of your emotional and mental wellness with Breeze Well-Being.