WORKSHEET 93 · FOR THE PSYCHOLOGIST

Coming back to the here and now

Grounding yourself when a memory intrudes

AIM

Offer grounding techniques for reorienting to the present when a traumatic memory or an emotion intrudes: orientation (where, when), senses (5-4-3-2-1), body (feet, objects), reminder of current safety.

WHO IT IS FOR

Re-experiencing, intrusive memories, emotional overwhelm linked to the past.

DURATION

2-5 min; prior practice

HOW TO RUN IT

1. Practise the techniques in session, when the person is calm.
2. Orientation: saying where you are, the date, how old you are today.
3. Senses: naming 5 things you can see, 4 you can hear, 3 you can touch, 2 smells, 1 taste; holding a grounding object.
4. Body and safety: feet on the floor, posture, a reminder sentence (“that was then, now I am safe”).

POINTS TO WATCH

> Adapt the techniques (eyes open, movement) to each person. If re-experiencing is frequent, it should be worked on in a suitable therapeutic framework.

REFERENCES

Ogden, P., Minton, K. & Pain, C. (2006). Trauma and the Body: A Sensorimotor Approach to Psychotherapy. Norton.

Shapiro, F. (2018). Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures (3rd ed.). Guilford.

PSYCHOLOGIST’S NOTES

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WORKSHEET 93 · WORKSHEET TO HAND OUT

Coming back to the here and now

When a memory floods in, your body can react as if it were happening now. These gestures help you remind your body and mind that you are here, today, and that that moment has passed.

1. Where am I? What is today's date? How old am I today?
2. I name 5 things I can see, 4 I can hear, 3 I can touch, 2 smells, 1 taste.
3. I feel my feet on the floor and hold a grounding object.
4. I tell myself: "That was then. Today, here, I am safe."

Situation	What helped me	Here and now /10 (before)	Here and now /10 (after)

My grounding object or sentence:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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