

THOUGHTFUL CONNECTIONS

Counseling, LLC · Counseling with Care

A PERSONAL SKILLS TOOLKIT

The Thoughtful Reset

Nervous System Skills for Everyday Overwhelm

Notice your signals. Explore a skill.
Choose a next step that fits your life.

Six lessons · Seven days of practice
Printable, fillable, and browser learning formats

Denitra L. Gaines, LPC, NCC

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SKILL 2 · LEARN AND TRY

Reconnect with the present

Grounding means bringing attention to what is happening here and now. The aim is to reconnect with your surroundings, not to force a feeling to disappear.

Let your surroundings offer an anchor

An external anchor can be something you see, hear, or touch comfortably. You do not need all five senses or a perfect sequence. Use the senses and movements that are accessible to you. If the environment is unsafe, practical safety takes priority over an exercise.

1. Begin

Choose a relatively comfortable setting. Keep your eyes open and look toward one neutral object.

2. Try

Describe three observable details, such as its color, edges, position, or texture. If seeing is not accessible, choose a sound or a familiar object to touch.

3. Choose

Notice one point of support, such as the chair under you, if that feels okay. Otherwise describe another external detail.

4. Check

Name where you are and one thing you can do next. Check whether continuing, changing the practice, or stopping feels more useful.

You can name objects silently, say them aloud, listen to a familiar sound, or ask a trusted person to help you orient. Skip sensations or surroundings that feel upsetting.