



COLOR OUTSIDE THE LINES COUNSELING



My Personal Grounding Plan

Support for returning to the present moment

Grounding can help you reconnect with the present when anxiety, stress, overwhelm, or disconnection begins taking over. The goal is not to erase every feeling. The goal is to help your body recognize that you are here and give you enough steadiness to choose what comes next.

• Know My Early Signs

I may benefit from grounding when I notice these signs.

- | | |
|--|---|
| ☐ Racing thoughts | ☐ Feeling unreal or far away |
| ☐ Shallow breathing | ☐ Tight muscles |
| ☐ Irritability | ☐ Wanting to escape |
| ☐ Difficulty focusing | ☐ Numbness |
| ☐ Tears | ☐ Restlessness |
| ☐ Going quiet | ☐ Other |

My earliest sign is usually

I want to try grounding when my distress reaches

1 2 3 4 5 6 7 8 9 10 early very strong

• What Helps Me Feel Safer

Places that help me feel settled

People who help me feel supported

• Build My Grounding Menu

• Notice Through the Senses

☐ Name five things I can see

☐ Hold something textured

☐ Listen for nearby sounds

☐ Use a calming scent

☐ Taste something slowly

☐ Notice my feet on the floor

• Support the Body

☐ Lengthen my exhale

☐ Stretch

☐ Walk

☐ Sip cold water

☐ Press my hands together

☐ Wrap in a blanket

• Orient to the Present

☐ Say my name and where I am

☐ Name today's date

☐ Describe the room

☐ Remind myself what is happening

☐ Read a grounding statement

☐ Focus on one safe object

Other grounding strategies that work for me

• Create My Short Plan

First I will notice *My early warning sign*

Then I will try *Choose one grounding strategy*

If I need more support I will *Choose a second strategy or contact someone*

A grounding reminder I want to hear *For example This feeling is strong and I can take one moment at a time*

• Keep It Within Reach

☐ Save a photo of this plan

☐ Keep a copy in my bag

☐ Place it near my desk

☐ Share it with someone safe

☐ Add reminders to my phone

☐ Practice when I am already calm

• A Gentle Reminder

Grounding tends to work best when it is practiced before distress reaches its highest point. You are building familiarity, not trying to perform the exercise perfectly.

This resource is for education and personal reflection. It does not provide diagnosis, treatment, medical advice, or crisis care. If you are in immediate danger, call 911 or go to the nearest emergency department. You may also call or text 988 for crisis support.

Created by Raven Thomas, MA, LPCC-S | Color Outside the Lines Counseling

© 2026 Raven Thomas / Color Outside the Lines Counseling, LLC. All rights reserved.

For personal and educational use. You may print and share this resource unaltered with credit. Resale, modification, removal of branding, or presentation as your own work is prohibited without written permission.