# GROUNDING P TECHNIQUES

#### TAKING NOTICE EXERCISE





What 5 things can you See?

#### 4 What 4 things can you Touch?

What 3 things can you Hear?

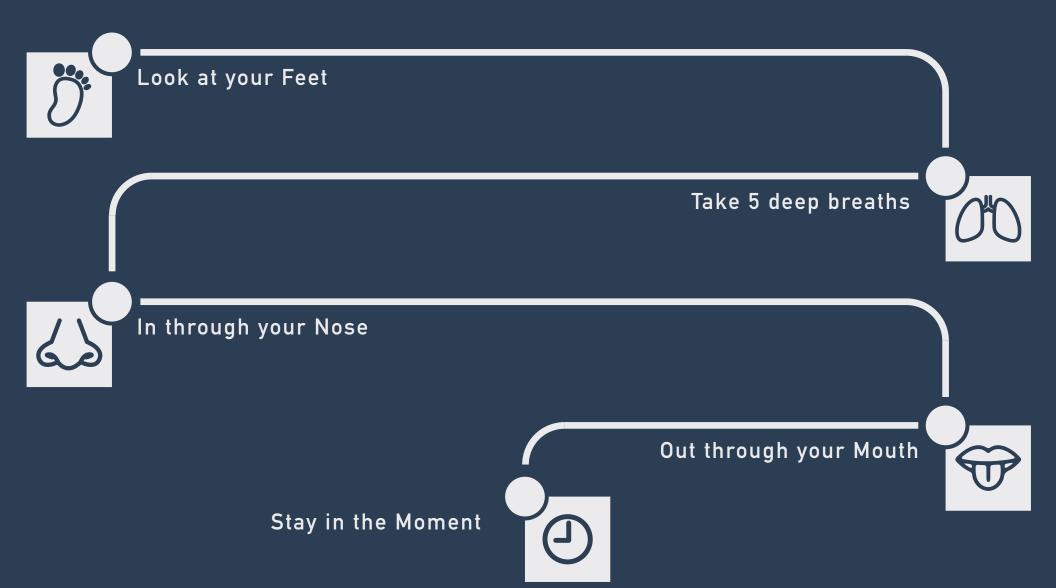
#### What 2 things can you smell?

E

What 1 thing can you Taste?



## BREATHE (NREFLECT



### NOW KEEP IN MIND THE 3 W'S

WHAT? Think about the action

SO WHAT? What were the consequences of the action?

NOW WHAT? How can I now positively impact the game?



