Grounding and Emotional Regulation

Purpose

Explore coping strategies that may support emotional stabilization.

How to use this worksheet

1. Read the information and prompts at your own pace.
2. Respond only to what feels comfortable; you may skip any part.
3. Pause whenever you need to.

Present-moment orientation: If comfortable, notice where you are and name the day or something around you.

Gentle sensory grounding: You might notice a neutral colour, a sound, or the feeling of your feet supported. Stop if this feels uncomfortable.

Identifying supportive environments: Consider places or settings where you feel more supported and at ease.

Recognizing early signs of distress: Notice personal signs such as tension, racing thoughts, or difficulty concentrating.

Choosing personally helpful coping strategies: Consider what has helped you before. Choose what feels comfortable; a strategy that helps one person may not help another.

Grounding does not replace safety planning or professional treatment.

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.

Reflection prompts

What helps me feel more grounded?

Which strategies are uncomfortable or unhelpful?

What support might I need?

References

Concepts informed by general trauma-informed psychoeducation (n.d.). No specific intervention source is identified in the brief.

Reflection questions and worksheet layout are original clinic educational content.

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