



Grounding When Triggered—Things to Do

- Be compassionate and patient with yourself
- Bite into a lemon to use the sour taste to force you into the here and now
- Call a friend who knows about your trauma and triggers and is a safe person
- Call your therapist
- Carry a small object (such as a colorful/irregular rock), and use it for tactile and sight grounding
- Create a "safe place" in your mind, then utilize it when triggered
- Deep breath
- Find a physical activity to participate in
- Focus on the here and now the best you can
- Have supportive person remind you it's a flashback and not happening right now—it's a memory
- Hold on to something cold like a bag of vegetables or an ice cube
- Identify and name things you touch
- Identify and name things you hear
- Identify and name things you see
- Identify and name where you are physically—what building, what room
- Look at the date and time on your computer
- Keep a small container of play-doh available to smell and manipulate
- Play with your jewelry
- Play or pet your dog or cat
- Pray
- Put a cold cloth on your face or neck
- Put on soothing music that is from today, not the past, or loud music that will bring you into today
- Remind yourself this will pass—it's a memory
- Replace negative statements that you identify with some positive ones
- Smell perfume or a candle or another scented object
- Snuggle a stuffed animal
- Squish a stress ball
- Suck on a piece of hard candy
- Take a shower (hot or cold)
- Take time to recover
- Try to identify the trigger so you can address it specifically



Hope Recovery

Support for Survivors of Trauma

Try to avoid blaming yourself for what you did or did not do during the trauma

Try to move your arms and legs instead of staying dissociated and stuck

Try to remind yourself the worst is over because the trauma was the worst

Use positive affirmations

Use a lot of self-talk—remind yourself that you are safe now

Use visualization to regroup and focus on something besides the triggers

Use your creative skills—draw, write, scribble, etc.

Wear something all the time that is from the present only, not from the past, and then touch it and remind yourself it's from the present.

Wrap up in a blanket, mimicking someone holding you