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Grounding When Triggered

Be compassionate and patient with yourself.

Bite into a lemon to use the sour taste for force you into the here and now.

Breathe deeply and slowly in through your nose and out through your mouth.

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 stone), and use it for tactile and sight grounding.

Create a “safe place” in your mind, then utilize it when triggered.

Find a physical activity to participate in.

Focus on the here and now the best you can.

Have a supportive person remind you it’s a flashback and not happening right now.

Hold on to something cold like a bag of vegetables, an ice cube or a frozen orange.

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 or your watch.

Keep a small container of play-doh available to smell and manipulate.

Play with or feel your jewelry.

Play with 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 back to 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) but be careful not to scald yourself.

Take time to recover.

Try to identify the trigger so you can address it specifically.

Try to avoid blaming yourself for what you did or did not do during the traumatic event.

Try to move your arms and legs to reduce the dissociation.

Try to remind yourself that 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, paint, etc.

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

Wrap up in a blanket, mimicking someone holding and comforting you.