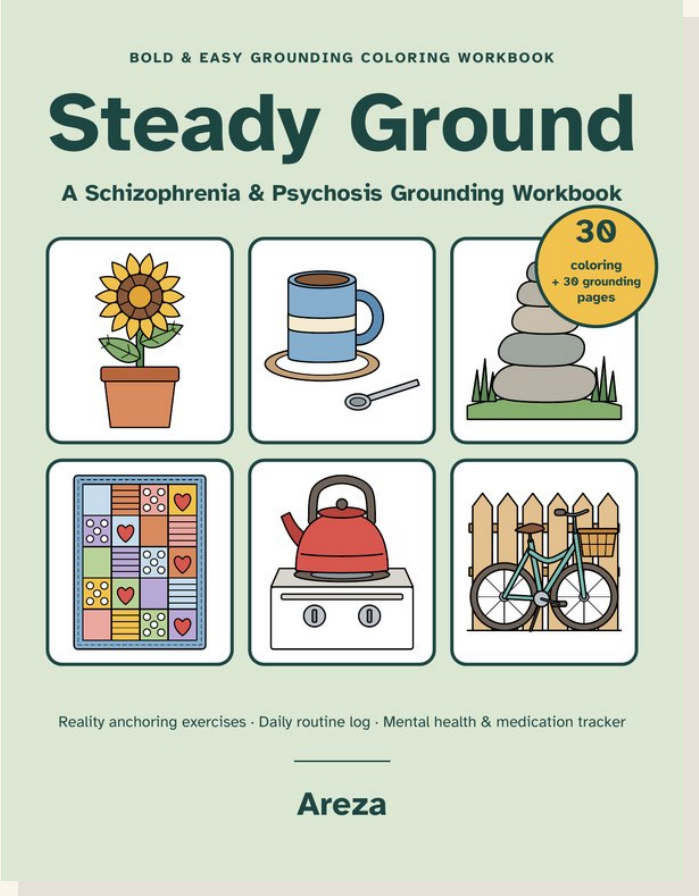

Steady Ground

A schizophrenia & psychosis grounding workbook · Adults

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: Coloring page: Mug
- Page 3: 5-4-3-2-1 Reality Anchor
- Page 4: Coloring page: Sunflower

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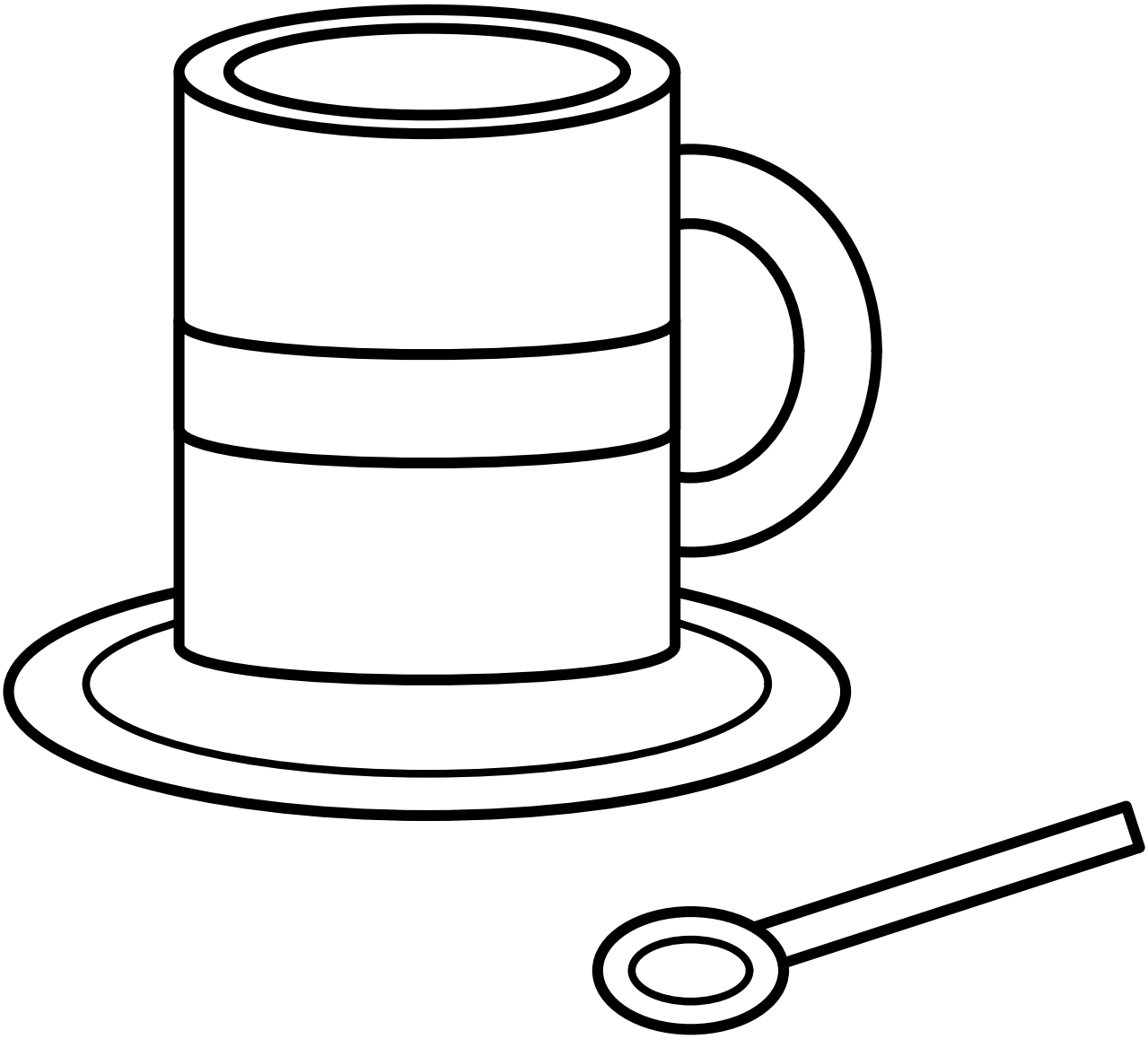

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5-4-3-2-1 Reality Anchor

Date: _____

Go slowly. Short answers are enough.

5 — **things I can see in this room right now**

_____ _____

_____ _____

_____

4 — **textures I can physically feel**

_____ _____

_____ _____

3 — **real sounds I can hear**

_____ _____

_____

2 — **things I can smell**

_____ _____

1 — **slow breath in and out** ☐ Done

No right answers. Stop whenever you like.

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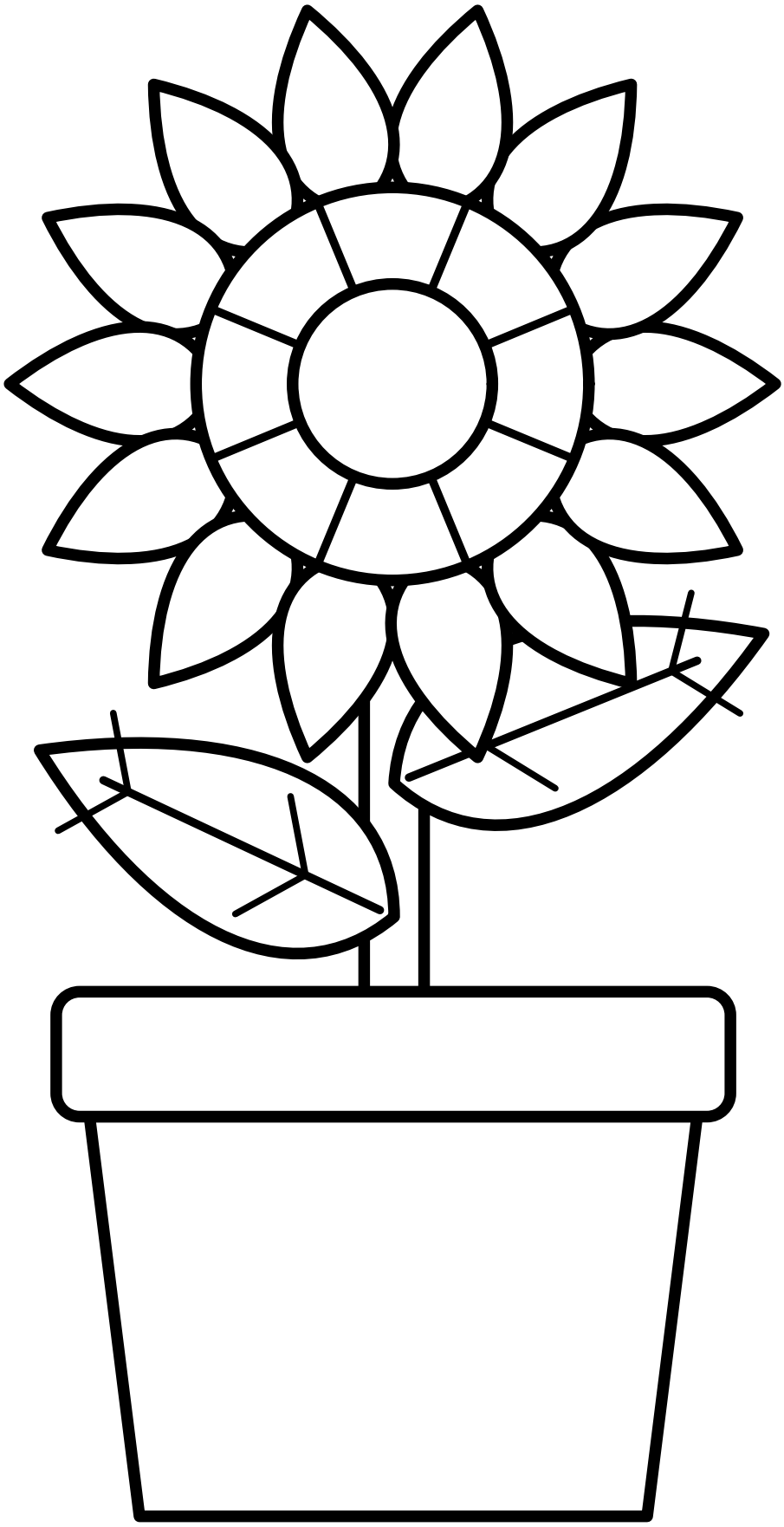

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