

Five-Senses Grounding

Daily Log

Date: _____

Initial Distress Rating (0-10): _____

5 Things You See (colors, shapes, distances):



4 Textures You Feel (skin, fabric, objects):

3 Sounds You Hear (background or self-made):

2 Scents You Smell (or inhale deeply):

1 Taste You Notice:

Distress Rating After (0-10): _____