

THE SRM SKILL: Grounding SRM GROUNDING SCRIPT

***IMPORTANT: When you use Grounding with another person or a group you read or say the script in a regular voice...not a trance-like voice.

***Dots in the script show where you pause briefly

1.) Say: "Just get into a comfortable position in the chair...(or leaning against the Wall)..."

- Let your eyes move around this space, not attaching to anything in particular, just reminding yourself that you are right here, right now.....
- "And, you can do the rest of this with your eyes open or closed, whichever feels best for you."

2.) "Now, just let all of your attention focus down on the support of the floor supporting your feet...and sense into that support with all of your attention....."

- "See what you notice inside as you do it.....
 - Notice your breath... is it faster? Slower? About the same?.....
 - Notice your heartrate.....is it faster? slower? About the same?
 - Notice any muscle tension....is more? less? About the same?"

3.) "Now just shift your attention to the support of the chair/wall against your back. Really put all of your attention there.....and as you do that see what you notice inside."

- "Again notice your breath...faster? Slower? About the same?.....
- And notice your heartrate.....faster? slower? About the same?
- And any muscle tension....more? less? About the same?".....(longer pause)

4.) "And, as you pay attention to that support against your back if you start to notice a distracting thought, a pain, or anything else **just shift your attention away from it** to a place in your body that feels more relaxed and stay there....."

5.) And, what do you notice inside now? Breath? Muscle tension? Heartrate?

6.) Grounding can be used anytime, anywhere...and no one needs to know you're doing it. And, if you regularly practice it you can re-wire your brain for resilience."