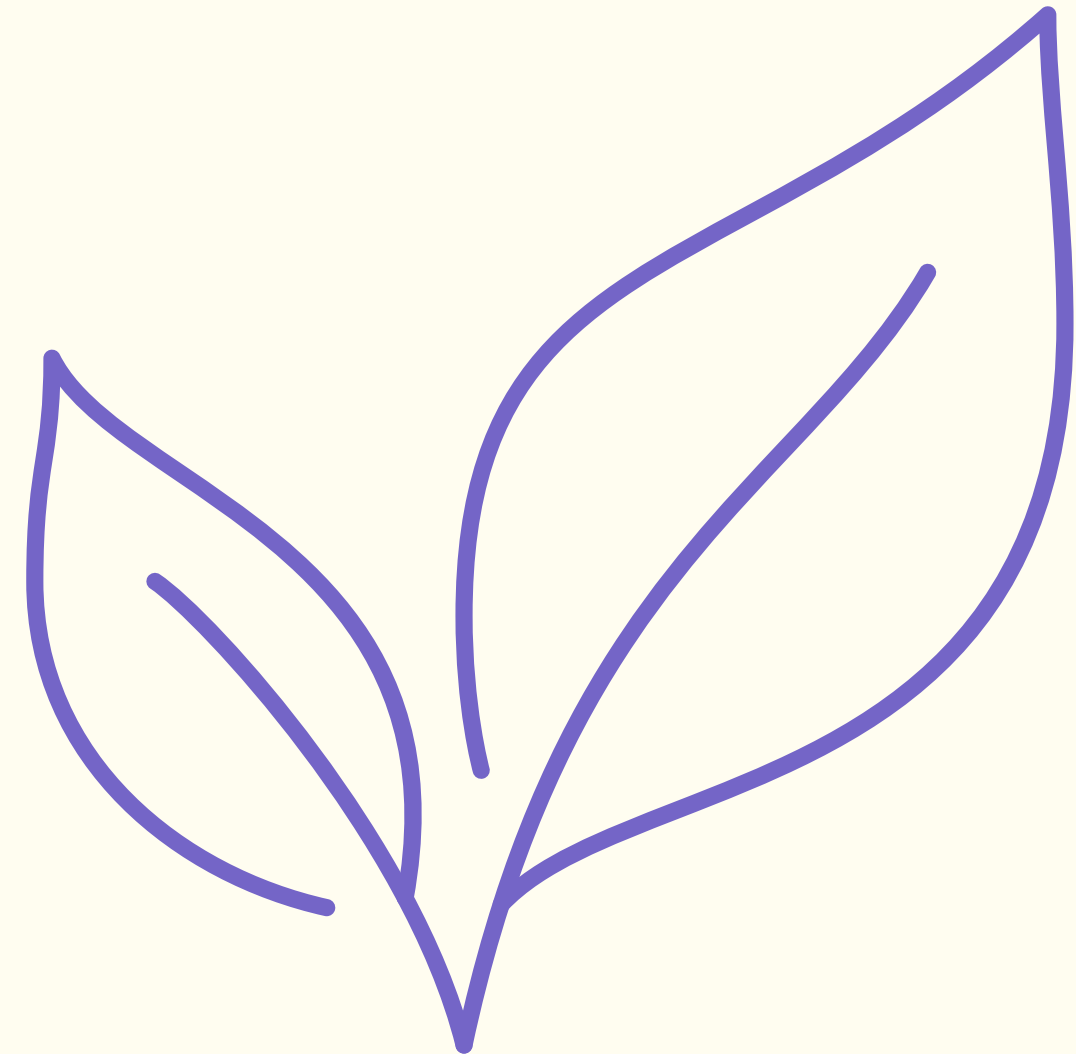


Grounding Statements

**ANCHOR YOUR
ATTENTION TO THE
PRESENT MOMENT/
REINFORCE YOUR SAFETY/
BUILD A SENSE OF CONTROL**



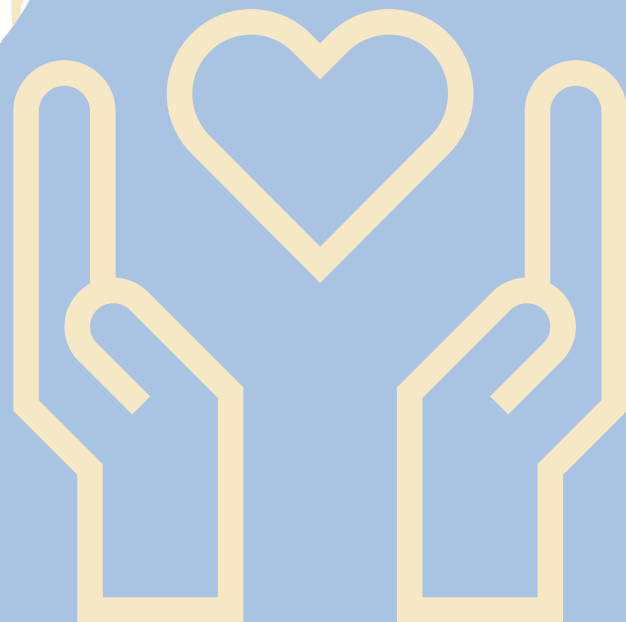
Y O U R S T O R Y



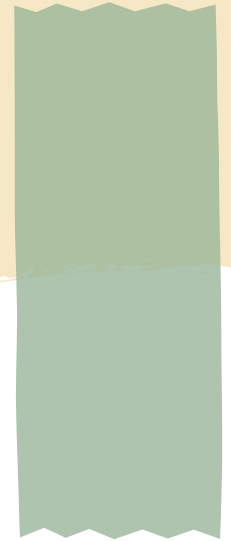
'I am safe in this
moment'



'I can handle this
feeling'



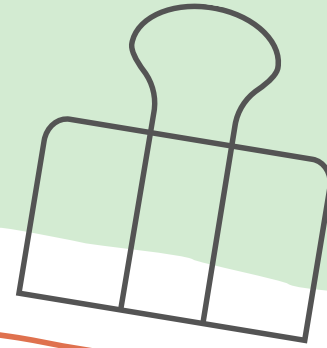
Reminder



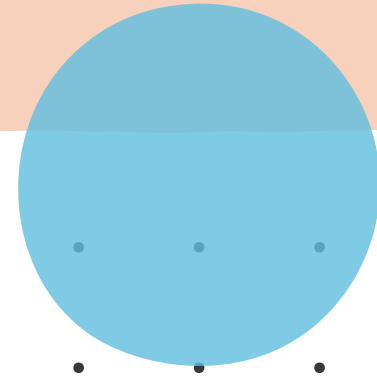
'I can care for
OTHERS without
losing MYSELF'

i dont have to
fix **EVERYTHING**
right now.'

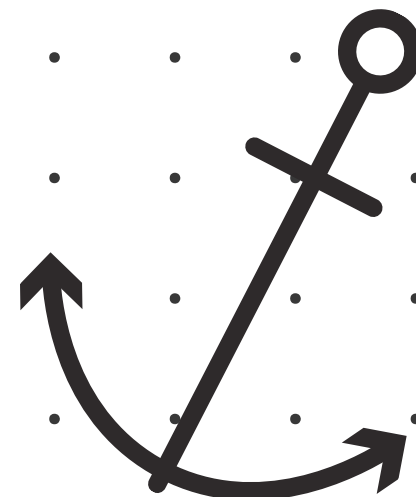




'I can notice
this worry
without
needing to
solve it.'



'I can feel my feet
on the ground
and am anchored
here'





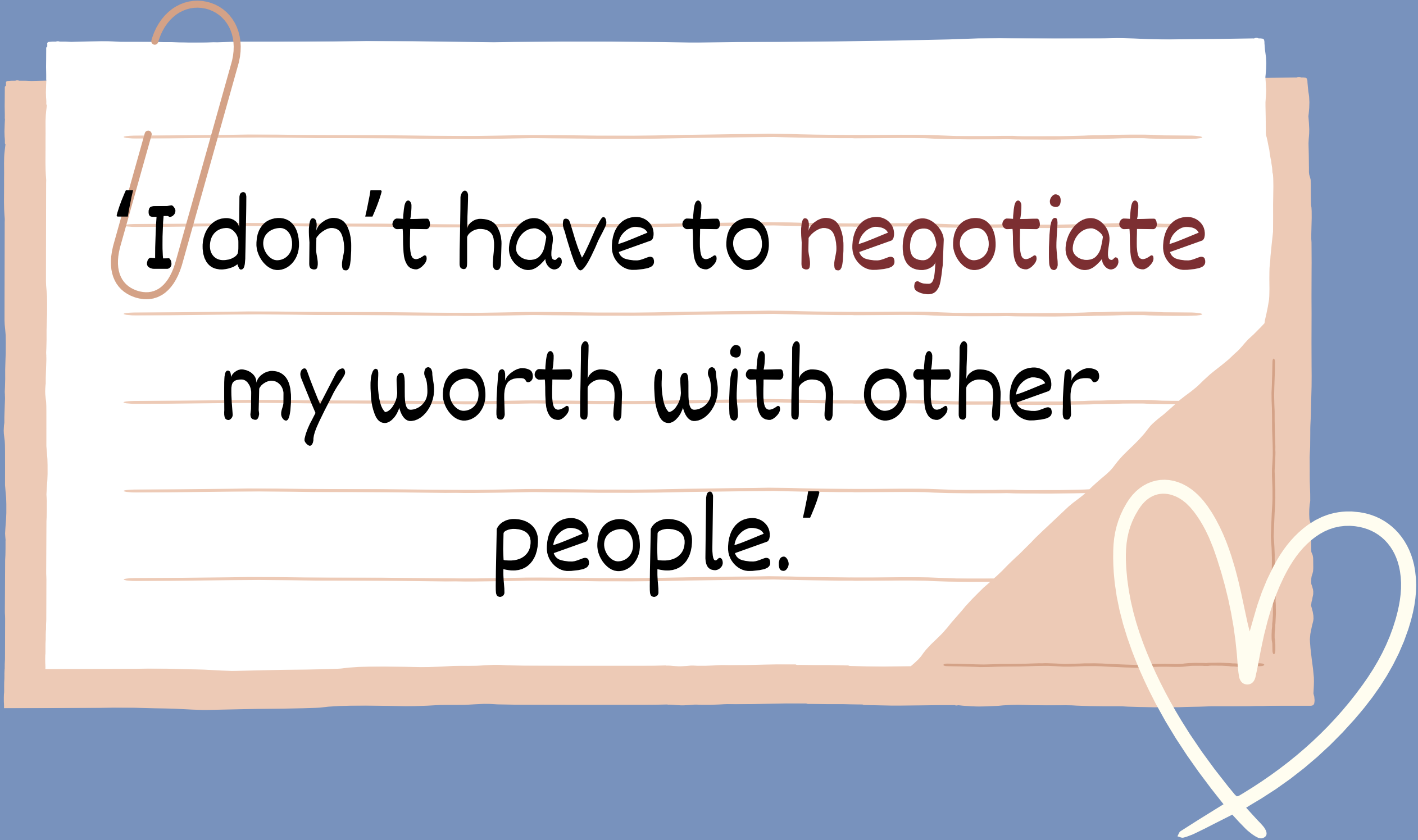
Kind people say No



SLOW
≡ **AND** ≡
STEADY

‘I don’t have to
rush!

I can move gently
and go slowly.
Slow is okay.’

A piece of white lined paper with a brown border is centered on a blue background. A brown paperclip is attached to the top left corner. A white heart is drawn on the bottom right corner. The text is written in a black, handwritten-style font. The word 'negotiate' is highlighted in a dark red color.

'I don't have to negotiate
my worth with other
people.'



'I
AM
SAFE
HERE.'