



Grounding Toolkit

Phase 2 / Phase 7 - Regulation Support

For: Client

Intended use

Offer simple present-moment options for orientation, breath reset, temperature shift, and movement.

Therapist-guided note

These are regulation supports, not trauma-processing instructions. Use with therapist guidance and adapt to client preference.

5-4-3-2-1: five things seen, four felt, three heard, two smelled, one tasted

Breath reset: what pace feels steady enough?

Orienting to the room: date, place, support, exit, therapist present

Temperature shift: cool water, warm tea, textured object, or other option



Movement option: feet, hands, stretch, press, or slow walk

What helps me return to the present?

My top 3 grounding tools

Clinical frame

Built around the EMDR eight-phase structure, SUD/VOC tracking, bilateral stimulation as therapist-led dual attention, body-based noticing, closure, and reevaluation. Review and adapt all wording to the client and clinical context.

For EMDR-informed clinical support. Not a substitute for EMDR training, supervision, diagnosis, crisis care, or clinical judgment.