

The “Mirror” Grounding Exercise

Grounding is a technique that helps bring us to the present by guiding us to the here-and-now. It is useful when you feel overwhelmed, intensely anxious, or disconnected from your surroundings. This mirror exercise allows for the person to notice themselves in a non-judgemental way and to be present in the moment.

PROCEDURE

(Go through each step slowly, one at a time)

1. Look at yourself in the mirror.
2. Smile, even if that's the last thing you feel like!
3. Describe how that feels.
4. Tell me 5 things you can see.
5. If negative thoughts come to mind, write them down to look at later but let them go for now.

After using this exercise, people usually feel relaxed and more at ease.

Repeat this process as many times as you need to start feeling your thoughts slow down.