

10-Point Check-In

This page is a quick "cheat sheet" on grounding and coping skills. Start at the top and work your way to the bottom. At the end, discuss with your therapist or journal about how you felt prior to starting this exercise and how you felt when you completed this exercise.

10

Take 10 deep breaths

9

Name 9 things you see

8

Name 8 people who support you

7

Name 7 colors

6

Name 6 things that make you happy

5

Take 5 deep breaths

4

Name 4 things you hear

3

Name 3 things that you can touch

2

Take 2 deep breaths

1

How do you feel now?