

A GENTLE PRACTICE IN 7 DAYS

THE 7-DAY GROUNDING TECHNIQUE CHALLENGE

Return to the present, notice what you feel,
and begin naming what you need



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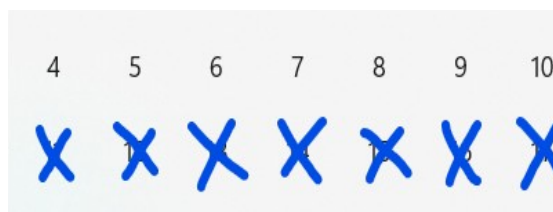
A companion practice for Childhood Sexual Abuse Recovery

START HERE

Your 7-day rhythm

Seven consecutive days

Aim for three brief grounding check-ins each day. If that rhythm does not fit your schedule, adapt it without judging yourself.



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Keep in mind

You may write an emotion, a need, or simply "I don't know." Not finding an answer right away is not a failure.

Important: This guide does not replace medical treatment or the recommendations of a qualified health professional. If a practice increases distress, stop and seek the support that feels appropriate for you.

1

How to use the challenge

"Amazing how we can light tomorrow with today."

- Elizabeth Barrett Browning

Welcome to the 7-Day Grounding Technique Challenge. For seven days, you will pause for three brief grounding practices each day. The purpose is to return to the present, observe what is happening inside you, and gradually put words to an emotion or a need.

Grounding can be used in many situations and takes about three minutes. If possible, try one practice in the morning, one around the middle of the day, and one before dinner. If that schedule is not realistic, adjust it to your life.

Naming an emotion can help you reconnect with your inner experience. That may feel confusing at first. Over time, noticing what you feel can make it easier to recognize what you need and to make more conscious choices for yourself.

Your only goal today

Pause for a few minutes and notice. You do not need a precise answer for the practice to count.

1

The technique in 3 steps

Move slowly. There is nothing to achieve.

1

Settle your feet

Sit or stand with both feet flat on the floor. If it helps, imagine that your feet are rooted into the ground so you can physically feel more grounded.

2

Look and listen

Name five things you can see, then five things you can hear. If fewer than five sounds are available, that is okay.

3

Turn your attention inward

Ask: "What emotion am I feeling? What do I need?" If nothing comes, repeat with four things, then three, two, and one.

Remember: Grounding does not force an emotion to appear. It creates a pause in which you can notice what is accessible right now.

A concrete example

5 things I can see

1. My computer
2. A table
3. My glass of water
4. My phone
5. The window

What I can hear

1. The ventilation
2. My dog breathing
3. A car outside

That is all. I do not need to force myself to find five.

What emotion am I feeling?

What do I need?

If you cannot find an answer

Repeat the exercise with four things you can see and four things you can hear. Continue with three, two, then one. You may write "I don't know" at any step.

Example: 11:00 a.m. - Can I name my current emotion? No. In my own experience, it took a few days before I could.

Do not judge the answer. The purpose is to notice your inner availability, not to produce a "yes" during the first practices.

Adapted from Childhood Sexual Abuse Recovery, "The Three Short Steps Strategy - The Grounding Technique."

1

Day 1

Notice the emotion that is available. "I don't know" is a valid answer.

PRACTICE 1

Time: _____

EMOTION OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE IN MY BODY OR THOUGHTS

PRACTICE 2

Time: _____

EMOTION OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE IN MY BODY OR THOUGHTS

PRACTICE 3

Time: _____

EMOTION OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE IN MY BODY OR THOUGHTS

WHAT I NOTICE TODAY

2

Day 2

Notice the emotion that is available. "I don't know" is a valid answer.

PRACTICE 1

Time: _____

EMOTION OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE IN MY BODY OR THOUGHTS

PRACTICE 2

Time: _____

EMOTION OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE IN MY BODY OR THOUGHTS

PRACTICE 3

Time: _____

EMOTION OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE IN MY BODY OR THOUGHTS

WHAT I NOTICE TODAY

3

Day 3

Notice the emotion that is available. "I don't know" is a valid answer.

PRACTICE 1

Time: _____

EMOTION OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE IN MY BODY OR THOUGHTS

PRACTICE 2

Time: _____

EMOTION OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE IN MY BODY OR THOUGHTS

PRACTICE 3

Time: _____

EMOTION OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE IN MY BODY OR THOUGHTS

WHAT I NOTICE TODAY

4

Day 4

Begin connecting the emotion you notice with a possible need.

PRACTICE 1

Time: _____

EMOTION OF THE MOMENT

NEED OF THE MOMENT (OR "I DON'T KNOW")

PRACTICE 2

Time: _____

EMOTION OF THE MOMENT

NEED OF THE MOMENT (OR "I DON'T KNOW")

PRACTICE 3

Time: _____

EMOTION OF THE MOMENT

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT I NOTICE TODAY

5

Day 5

Notice the need that is available and what support might help.

PRACTICE 1

Time: _____

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT MIGHT SUPPORT ME RIGHT NOW?

PRACTICE 2

Time: _____

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT MIGHT SUPPORT ME RIGHT NOW?

PRACTICE 3

Time: _____

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT MIGHT SUPPORT ME RIGHT NOW?

WHAT I NOTICE TODAY

6

Day 6

Notice the need that is available and what support might help.

PRACTICE 1

Time: _____

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT MIGHT SUPPORT ME RIGHT NOW?

PRACTICE 2

Time: _____

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT MIGHT SUPPORT ME RIGHT NOW?

PRACTICE 3

Time: _____

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT MIGHT SUPPORT ME RIGHT NOW?

WHAT I NOTICE TODAY



Day 7

Notice the need that is available and what support might help.

PRACTICE 1

Time: _____

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT MIGHT SUPPORT ME RIGHT NOW?

PRACTICE 2

Time: _____

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT MIGHT SUPPORT ME RIGHT NOW?

PRACTICE 3

Time: _____

NEED OF THE MOMENT (OR "I DON'T KNOW")

WHAT MIGHT SUPPORT ME RIGHT NOW?

WHAT I NOTICE TODAY

3

You completed the challenge

For seven days, you practiced returning to the present and observing your inner experience. Perhaps you named an emotion or a need. Perhaps not yet. Either way, you practiced pausing and listening to yourself.

With repetition, grounding may help you notice earlier what you feel, recognize what you need, and make more conscious choices for yourself. You can continue once a day or return to the technique when you notice disconnection, tension, or overwhelm.

What I am taking with me

1

What did I notice in my body, emotions, or thoughts?

2

When did grounding feel most accessible during the day?

3

What need did I begin to recognize more clearly?



The goal is not to understand everything immediately, but to stay connected to yourself.



Trigger Journaling

An optional page for noticing what happened and what you felt.

Go slowly. You may leave any prompt blank, stop, or return later. The purpose is to observe, not to force a complete explanation.

DATE _____

WHERE WAS I? _____

WHO WAS I WITH? _____

What happened?

What emotion did I feel?

What did I notice in my body?

What did I need in that moment?



Gratitude Journaling

A short reflection page for the end of the day.

TODAY _____

Gratitude does not cancel difficult feelings. Use this page only if it feels supportive today.

One thing I'm grateful for

One thing I handled well

One achievable goal that ties back to my emotional well-being

