



GROUNDING EXERCISE



5 THINGS YOU CAN SEE



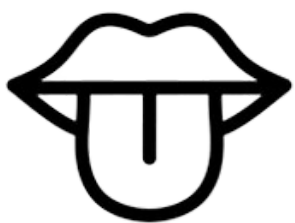
4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR

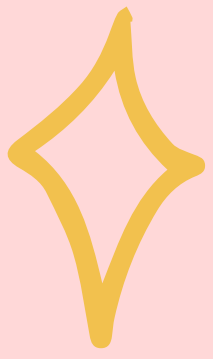


2 THINGS YOU CAN SMELL

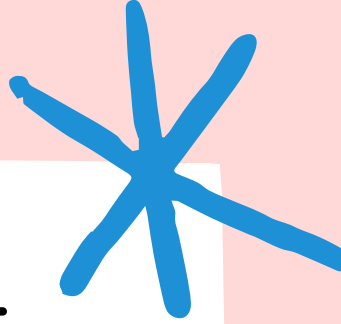


1 THING YOU CAN TASTE





GROUNDING EXERCISE



5 THINGS YOU CAN SEE



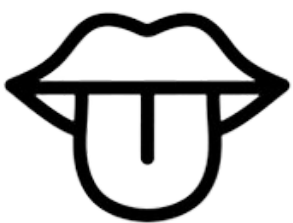
4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR

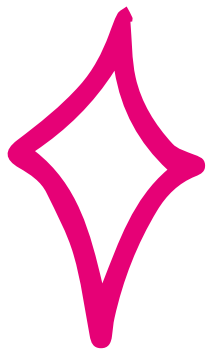


2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE





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5 THINGS YOU CAN SEE



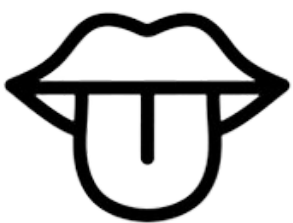
4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE

