



**My Goals**

---

---

---

---

---

---

---



**My Motivations**

---

---

---

---

---

---

---



**I Can Call**

---

---

---

---

---

---

---



ALCOHOL & DRUG

**Counselling ONLINE**  
a TURNING POINT service

Celebrating

**20**  
years

## POCKET GUIDE

Grounding exercises to  
keep in your wallet

**A 24/7 free and confidential  
drug and alcohol service**

[www.counsellingonline.org.au](http://www.counsellingonline.org.au)



@Counselling Online



## Grounding Exercises

Take a moment. Breathe and find:

- 5 things you can see.
  - 4 things you can hear.
  - 3 things you can touch.
  - 2 things you can smell.
  - 1 thing you can taste.
- 

Take your shoes and socks off. Place your feet flat on the ground and feel what is beneath your feet. Take five deep breaths.

---

Pick an object in your field of vision. Trace its outline with your eyes as though you're drawing it. Take note of the shapes, count the colours and study the variety of textures.

## Surfing the Urge

### 1 Delay

In the first 5 minutes of an urge, focus on yourself. If you can delay the urge, it will pass.

### 2 Distract

Do an alternative activity to focus on something else for 10 minutes. This will get you through the peak.

### 3 Decide

Read your goals. Focus on what you want to achieve.

### 4 Reflect

Once the urge has passed, ask yourself: How did I feel? What helped me? What will I do when I experience the next urge?

## Alternative Activities



Call a friend or support person.



Watch a movie or TV.



Exercise.



Have a bath or shower.



Tidy the house.



Make a hot drink or meal.

**When I feel the urge, I will:**

---

---

---

---

---