Amanda Reynolds Counselling

Rainbow Grounding Exercise

Grounding techniques help us to orientate in the present, moving from anxious thoughts, feelings of being overwhelmed or dissociated with your environment into the here-and-now.

Technique - *If you cannot see something in the room, have a look outside the window or on your person.*

- Find something **RED** in the room
  For all of the below, describe it to yourself for example, the red is lettering on a sign, it's bright red, the sign says…..
- Look for something **ORANGE** in the room.
- Notice if you can see anything **YELLOW** in the room
- Find a **GREEN** object or something which has green on it in the room
- Look for something **BLUE** in the room
- Locate something **PURPLE** in the room
- Find something **PINK** in the room
- Finally look for something **BROWN**