

Soft Neutral Grounding



Orient Using the Senses

Notice a small number of sensory details around you (what you can see, feel, or hear) without evaluating them.



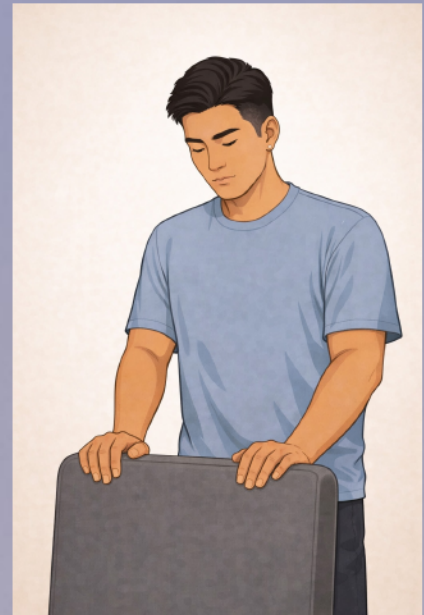
Identify Your Location

Briefly acknowledge where you are right now (room, building, or environment).



Examine a Nearby Object

Pick up or touch an object and notice simple physical details such as shape, texture, or weight.



Make Contact with a Stable Surface

Touch or press against a solid surface (floor, wall, table, chair) and notice the support it provides.