

54321 Right Now 54321

Right Now skill is a grounding technique which uses 54321 to look outside of ourselves to reduce distress.

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When we are feeling THE FIZZ, we need to use a skill that will help us straight away. If we are overwhelmed by upsetting thoughts and uncomfortable feelings, we can use our five senses to do something RIGHT NOW that will help us to improve this moment.

RIGHT NOW is a grounding and mindful technique when we use the senses. It is also effective when we think of anything that changes our focus of attention, e.g. colours (5 red things etc), 4 football teams etc.

- 5** things I can see right now, or imagine I can see right now
- 4** things I can hear right now, or imagine I can hear right now
- 3** things I can touch right now, or imagine I can touch right now
- 2** things I can smell or taste right now, or imagine I can taste right now
- 1** deep, slow breath. Then simply focus on your breathing. In this moment. Right now.