

# See, Hear, Feel

## 5-4-3-2-1

Look around the room what do you see...

Say out loud **5** things you see

Pause and listen for sounds around you ...

Say out loud **5** things you hear

Focus on yourself ...

Say out loud **5** things you feel (either physically or emotionally)

Repeat the listing, but now only **4** items...

Say **4** things you see

Say **4** things you hear

Say **4** things you feel

Again, now with identifying **3** things...

Say **3** things you see

Say **3** things you hear

Say **3** things you feel

Now, only **2** things ...

Say **2** things you see

Say **2** things you hear

Say **2** things you feel

Finally, **1** ...

Say **1** things you see

Say **1** things you hear

Say **1** things you feel

If you need to add calm and relaxing statements, add "I am calm" or "I am relaxed" to the end of each grouping of feeling statements to begin positive self talk.