

EXERCISE

CHOOSE-YOUR-OWN GROUNDING ADVENTURE

In Part I of this book, you reflected and assessed. Now, in Part II, you'll experiment with new ways of approaching situations and yourself.

To Find Your Center, start by trying different grounding techniques to find one or two that are effective for you.

INSTRUCTIONS

1. *Find quiet time.* After work or on a weekend—whenever you have a short block of quiet, uninterrupted time—put aside ten or fifteen minutes to try the grounding techniques in this chapter. Each will take no more than a couple seconds to one or two minutes.
2. *Recall a recent example of a situation where your Emotionality was unbalanced.* If you rated yourself as unbalanced in this area in the Exercise in Chapter One, think of a situation that represents why you'd like to give this particular STRIVE quality attention. Maybe you felt ashamed that you weren't meeting expectations or felt disappointed that a project wasn't moving quickly enough. As unpleasant as it may be, bring yourself back to that moment and try grounding yourself.
3. *Pause after trying each technique.* Notice how your physical state has changed. Has your breathing slowed down? Have your thoughts shifted? It's likely you feel more clearheaded. Use the table provided to note your experience. Aim for subtle shifts to start. Don't get discouraged if you feel awkward. You're rewiring your brain, which can feel weird at first.
4. *Pick one grounding technique that resonates with you.* Commit to using it consistently. The key is to practice regularly and in low-stakes situations, so that your preferred technique kicks in when you feel emotionally provoked.
5. *Create a cue.* Remind yourself that you have your grounding technique at your disposal. You could put a sticky note on your lunch bag or use a calendar notification that comes up at the start of your work day.

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Katherine

GROUNDING TECHNIQUE	MY OBSERVATIONS
The 5-4-3-2-1 Tool	This one didn't do it for me. My mind started wandering, and I began to worry about deadlines.
Clench and Release	I'm a very visual person, so I liked the idea of imagining that I was releasing my anger and annoyance. I felt my shoulders relax after I let go of my fists.
Box Breathing	Wow, what a difference box breathing made! I could feel my heart rate slow down and it no longer felt like it was beating out my chest. Afterwards it was like a warm glow rushed over me.

The grounding technique I commit to trying is Box Breathing, and I'll remind myself to practice it by drawing a square on a sticky note and placing it in my lunch bag so I see it as soon as I open it.

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GROUNDING TECHNIQUE	MY OBSERVATIONS
The 5-4-3-2-1 Tool	
Clench and Release	
Box Breathing	

*The grounding technique I commit to trying is _____
and I'll remind myself to practice it by _____.*