

Grounding Tool (Week 3)

A simple three-step process can help you stay grounded instead of slipping back into old roles:

Pause – Take a slow, deep breath and feel your feet firmly on the ground or your body supported by the chair.

Feel – Notice what you're experiencing and name it without judgment.

Decide – Ask yourself: Do I want to step into this old role, or will I choose to remain authentic and be who I am today?