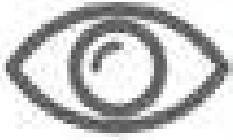


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Grounding Exercise

What can you see?



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What can you touch?



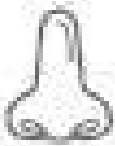
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What can you hear?



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What can you smell?



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What can you taste?



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