

GROUNDED NOT GRASPING

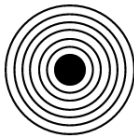
Name:

WHAT LEAVES YOU GRASPING?



What events, circumstances
or interactions leave you
feeling at the end of your
tether?

.....



What body signals do you
ignore until they leave you
grasping and gasping?
(Hunger, exhaustion, thirst,
pain?)

.....



Do you have times of day or
places or people with whom
you are more likely to feel
grasping?

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WHAT LEAVES YOU GRASPING?

Are there any steps you could take right away to make it less likely that you will have a grasping response?

☐

Go to bed half an hour early on weeknights?

☐

Turn notifications off on social media so that you choose when and what you see?

☐

Give yourself a snack just before the kids get home?

☐

Try to drink an extra glass of water every day?

☐

Take ten minutes in the morning to drink a cup of tea before waking up the kids?

☐

Make a change to your daily or weekly schedule to avoid a challenging but unnecessary situation?

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GETTING TO GROUNDED - QUESTIONS TO GET YOU THINKING



Make a list of people you admire.
What is it about these people
that you wish you could do or
be?



Look at the things you collect, the
things you keep coming back to.
Are there any themes that keep
coming up?



What do you know about your
childhood? What kind of a kid
were you? What mattered to
you? What hobbies or interests
did you have? What games did
you like to play?

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GETTING TO GROUNDED - QUESTIONS TO GET YOU THINKING



If you could be ANYWHERE
and do ANYTHING right now,
where would you be, and what
would you be doing?



What would you try if you could
guarantee that you couldn't fail?



What comes naturally to you?

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GETTING TO GROUNDED - DIGGING DEEPER



What makes you come alive?

.....



What helps you recharge?

.....



When have you felt most fulfilled
or satisfied?

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GETTING TO GROUNDED - DIGGING DEEPER



When were you most proud of yourself? Why? When has someone else been most proud of you? Why?



What qualities do you look for in a friend?



What qualities do you want to teach your kids?

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GETTING TO GROUNDED - MY VALUES