

# SENSING OUR GROUNDEDNESS

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# SENSING OUR GROUNDEDNESS

What does this mean?

Why would we want to do this?

TODAY

Sensing

Groundedness

Ungroundedness

Shifting

TODAY

## Exercises:

Orienting    Body Scan    Sensations  
Grounding    Shifting    Breathing

ME FIRST

Permission to be utterly self-focused and self-centered.

This is the starting point for everything we do.

# EXERCISE: ORIENTING TO THE ENVIRONMENT

# PERSONAL RESOURCES

Whatever brings a sense of relief, support, or okayness.

- People, animals, places, objects, experiences, beliefs, or more.
- Real or imaginary, living or remembered.

# PERSONAL RESOURCES

Resources can be external or internal.

Examples?



PERSONAL RESOURCE EXERCISE:  
EXTERNAL RESOURCE

PERSONAL RESOURCE EXERCISE:

INTERNAL RESOURCE

## BODY SCAN/ORIENTING INSIDE

Using curiosity, visualization, touch, and movement to gain familiarity with what's inside us.

## EXERCISE: BODY SCAN

Being curious about our bodies and what's inside.

# AUTONOMIC NERVOUS SYSTEM (ANS) BASICS: THE F-WORDS

## **Find**

When we are engaged,  
connected, feeling safe.

# AUTONOMIC NERVOUS SYSTEM (ANS) BASICS: THE F-WORDS

## **Fight/Flight/Fawn/Fix**

When we feel unsafe  
yet we can mobilize.

# AUTONOMIC NERVOUS SYSTEM (ANS) BASICS: THE F-WORDS

## **Freeze**

When we perceive a life threat, feel unsafe,  
and are unable to move.

# AUTONOMIC NERVOUS SYSTEM (ANS) BASICS: THE F-WORDS

## **Flop**

When we perceive a life threat,  
feel unsafe, and collapse.



## EXERCISE: F-WORDS

Find  
Flight/Fight/Fawn/Fix  
Freeze  
Flop

## TWO TYPES OF FEELINGS

1. **Sensations**, the physical feelings of the body, such as warm, tingling, tight, pulsing, and much more.
2. **Emotions**, the labels we give to clusters of sensations, such as anxiety, which is often accompanied by tightness, rapid breathing, and shakiness.

# SENSING THE OUTSIDE

**Exteroception: sensing what's outside our bodies.**

- I touch – textures, temperatures, densities.
- I see – light, color, shape.
- I hear – sounds.
- I smell – odors.
- I taste – flavors.

# SENSING THE INSIDE

**Interoception: sensing what's inside our bodies.**

- I have a head ache.
- My hands feel warm.
- My heart is pounding.
- I have a cramp.
- My heart feels full of love.

# SENSING THE INSIDE

Neuroception: a special inside sense which tells us:

- I am safe.
- I am threatened.
- I am in mortal danger.

# SENSATION WORDS

achy airy alive bloated blocked breathless brittle bubbly burning buzzy chilled  
clammy closed cold congested constricted contracted cool cozy crampy damp dense  
dizzy dull electric empty energized expanding faint flaccid fluid flushed fluttery  
frantic frozen full furry goosebumpy gurgling hard heavy hot icy intense itchy jagged  
jittery jumbly jumpy knotted light loose moist moving nauseated numb open  
paralyzed pounding pressure prickly puffy pulled pulsing quaking queasy quiet  
quivering radiating ragged raw rolling shaky sharp shimmering shivery shuddery  
silky smooth soft spacious spasming spinning sticky still stretchy stringy strong  
suffocating sweaty tender tense thick throbbing tickly tight tingling trembly  
tremulous twitchy vibrating warm wobbly zingy

# EXERCISE: SENSATIONS #1

## EXERCISE: SENSATIONS #2



# EXERCISE: SHARED ENERGY AWARENESS

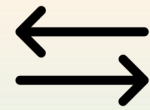
# TEETER-TOTTERING

Stable and unstable and stable again.

# EXERCISE: ROCKING TO GROUND #1

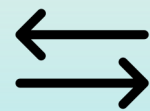
WE LOOK FOR SHIFTING

**Groundedness**



**Unstable**

**Unstable**



**Groundedness**

## EXERCISE: ROCKING TO GROUND #2

# EXERCISE: FROG FEET

# EXERCISE: LANDING GEAR

# EXERCISE: HONEY WALK



# EXERCISE: LEANING

# EXERCISE: HEAD, HEART, BELLY, ROOTS

# EXERCISE: CIRCLE PASS

# EXERCISE: WHERE'S MY BREATH?

## WHEN IT'S HARD TO SHIFT

Do I need movement or rest?

REPEAT EXERCISE: EXHALE TO SETTLE

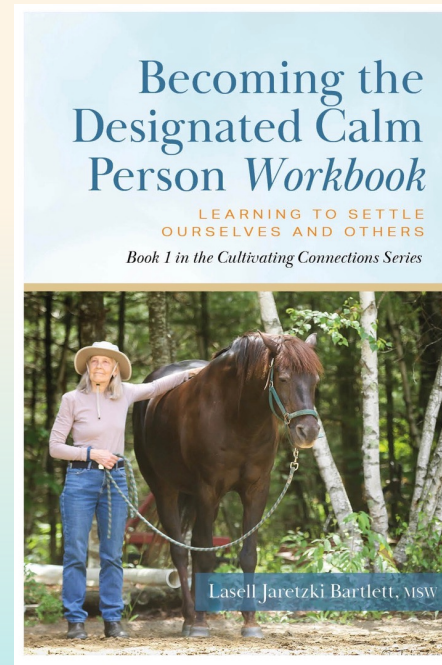
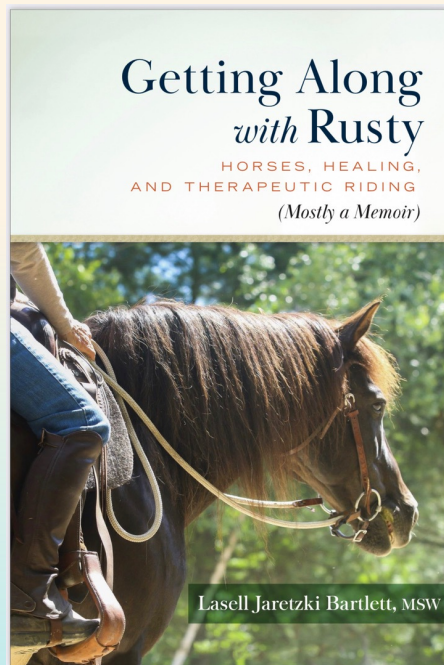
# QUESTIONS & ANSWERS

PAUSE AND REFLECT

What will be useful going forward?



# MY BOOKS



FOR MORE

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