



WORKSHEET – EMDR-INFORMED Present-Moment Grounding (Trauma-Informed)

Purpose: Safety, orientation, nervous system settling

What this is NOT: Trauma processing, memory work*

Step 1: Orient to Now

Right now, I notice:

- 3 things I can see: _____
- 2 things I can hear: _____
- 1 thing I can feel in my body that is neutral or comfortable: _____

Step 2: Gentle Bilateral Awareness

Slowly tap:

- Left hand → Right hand → Left → Right
- Continue for 20–30 seconds at a comfortable pace.

While tapping, silently repeat:

“Right now, I am here, and I am safe enough.”

Step 3: Check-in

Afterward, notice:

- My body feels: More settled Same Unsure
- One word to describe my state: _____