

*What you will need*

1. Nothing

- a) Stretch your arm out in front of you and point your index finger upward.
- b) Explain to the client-“Imagine a line that goes from here to the back of your head. My outstretched arm in front of me represents that you’re 100% in the room here and now.”
- c) Put your index finger behind your head and say, “This represents that you’re 100% not in the room (distracted by thoughts, feelings memory pictures, etc.). Any place your finger is along the line represents how much you’re either in or not in the room.”
- d) Have the client practice and show you how much he/she is in the room right now. Depending on answer do a grounding activity or two and ask again. Continue as needed.

