BREATH HARBOR / ORIGINAL PRACTICE

Grounding meditation script

Eyes open, without breath control. Skip any prompt or stop whenever you choose.

Let your eyes rest somewhere in the room. You can stay seated in a way that gives you support. There is no special posture to achieve, and nothing you need to make happen. Leave your breathing alone. This pause does not ask you to slow it, deepen it or match anyone else's rhythm.

Choose one ordinary object that you do not mind looking at. It might be the edge of a desk, a door, a cup or a patch of color. Notice one detail: a straight line, a curve, a shadow or a change in texture. You do not need to study the whole object. One available detail is enough.

Let your gaze move to another part of the room if you want. Notice how near or far a shape appears. You can name a color silently, or simply look without finding words. If a detail feels unpleasant, look elsewhere. You are free to choose what receives your attention.

If it feels comfortable, notice an ordinary point of contact: the chair beneath you, a sleeve against your hand, or your shoes resting on the floor. Nothing has to change there. If contact with the body feels unwelcome, stay with a visual detail instead. That is still a way to follow this script.

Now notice a sound, if one is available and comfortable to hear. It could be a nearby appliance or something farther away. There is no need to search for a special sound. If listening does not suit you, keep looking at the object you chose. You do not have to use every sense.

If your attention moves into thoughts, you can return to one detail of the room. You do not need to argue with the thought or make your mind blank. You can also move, change position or stop reading. This is an invitation you can leave at any point.

Before finishing, look around in whatever way is comfortable. Notice one thing that tells you where you are right now, without needing to describe the place as safe or peaceful. Choose a small next action: remain seated, put down the page, or return to an ordinary task. Let the pause end when you decide.

BEFORE YOU PRACTICE

Use this script at your own pace

1. Choose a supported seat somewhere you can pause safely. Do not use the script while driving or doing another task that needs attention.
2. Preview the text and decide which prompts you want to use. Leave your eyes open; no breath counting or holds are required.
3. Read slowly, leaving an optional pause after each paragraph. Duration depends on reading speed and pauses, not a prescribed dose.
4. Skip contact or sound prompts if they feel uncomfortable or unavailable. You can keep noticing an ordinary visual detail instead.
5. Finish by noticing the room and choosing your next activity. You do not need to feel calmer or complete every paragraph.

If someone else is reading, agree on a way to pause or stop before beginning. Do not ask participants to close their eyes, explain their feelings or report a positive result. For a self-paced sequence instead of a full script, open the 5-4-3-2-1 grounding tool. It is a separate format with optional sensory steps.

Who should be careful

Stop if reading increases distress, makes you feel disoriented, or brings attention to pain or an unpleasant memory. Keep your eyes open if preferred, choose another detail, or return to an ordinary activity. If you feel dizzy, lightheaded or unwell, do not use a grounding script to explain away the symptom.

Do not practice while driving or doing tasks that need attention. This script does not require breathing changes or holds. Repeated panic, dissociation or worsening distress deserves support from a doctor or mental health professional; a self-guided script is not individualized care.

NIH / NCCIH: Evidence and safety overview

Permission and source

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General wellbeing information, not medical advice. AI-assisted text, checked against linked sources. The web page includes evidence limits and references.

breathharbor.com/scripts/grounding-meditation

Updated 2026-11-03