

Three Strategies for Grounding



front **left** brain

get myself thinking

(puzzles, words, work,
Resourcing Booklet)



front **middle** brain

get myself noticing

(turn my attention
inwards and just be
curious)



front **right** brain

get myself connected

(to an attachment
figure, eg partner or
therapist)



PODS

**Positive Outcomes for
Dissociative Survivors**

3 Archers Court • HUNTINGDON • PE29 6XG

01480 878409 • 0800 181 4420

www.pods-online.org.uk

info@pods-online.org.uk

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*making recovery from dissociative disorders a reality
through training, informing and supporting*