

STEP 2 OF 4 · RETURNING TO THE PRESENT

Reconnect with Here and Now

Use your surroundings, body, movement, or another person to reconnect with what is here now.



FOUR-STEP REMINDER

Notice → Reconnect → Check → Choose

The state is real. It may not be the whole situation.

Choose one or two ways to reconnect

Choose one or two options that make the current place and time clearer.

Do something that confirms you are here.

- look around and name where you are;
- say the day or time aloud;
- notice what you can see and hear;
- feel what is supporting your body;
- press your feet into the ground;
- stand, walk, stretch, or change position;
- touch a familiar object;
- drink water;
- move to another environment; or
- speak with another person.

You do not need to perform every technique. Select one or two actions that fit the situation and notice whether they increase connection.

If inward attention makes things worse

Keep your eyes open and stay outwardly oriented. Use visible objects, sounds, movement, another person, or a safer setting instead of breathing or bodily focus.

Stop or change the method if disorientation or overwhelm increases. Reconnection should help you become more oriented and connected, not less.