

# 3,2,1 Exercise

When we feel overwhelmed by life, certain situations, or our thoughts and emotions, one of the fastest and most accessible tools we have access to, is our senses. By tuning in to our senses, we become more intuitive, connected to ourselves and less likely to react impulsively to situations. When we tune out of the external and into the internal, we are able to be present and better manage ourselves and challenging situations.

*“Nothing can cure the soul but the senses, just as nothing can cure the senses but the soul.”*

— Oscar Wilde —

Write down 3 things that you can see now:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down 2 things you can hear now:

1. \_\_\_\_\_
2. \_\_\_\_\_

Write down one thing you can taste in your mouth:

1. \_\_\_\_\_

OR

Write down 3 things that you can touch right now:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down 2 things you can see now:

1. \_\_\_\_\_
2. \_\_\_\_\_

Write down one thing you can smell now:

1. \_\_\_\_\_