



# Sense Awareness Inventory



Creating an inventory of sensory experiences that bring you comfort and feelings of well-being can be a helpful way to explore sensory grounding techniques. Noticing different senses of the same experience, for example the smell of hot chocolate, the warmth of the cup in your hands, the sight of the steam rising, and the sweet taste, can bring greater richness to your awareness.

<i>Sight</i>	<i>Sound</i>	<i>Smell</i>	<i>Taste</i>	<i>Touch</i>
Sunlight streaming through window	Birdsong	Lavender	Peppermint	Warm sun on skin