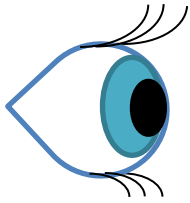


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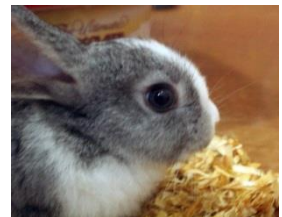
5. Look at 5 objects for ten seconds each



4. Hear/concentrate on 4 sounds for ten seconds each



3. Feel 3 things for ten seconds each



2. Taste, smell or imagine 2 flavours for ten seconds each



1. Take 1 Breath (and start again until emotional/physical arousal has dropped enough to review or challenge thinking)