

## Grounding Sequence (when feeling spacey, tired, or scattered):

### The Name Game

[Notes: This exercise can be done alone or in a Q&A format with another person. Go through the sequence(s) as fast as you can.]

Version 1: Go through the alphabet and pair a first-name with each letter before proceeding to the next letter. For example:

A, Andrew  
B, Betty  
C, Clyde  
D, Daniel  
E ... [and so on]

Version 2: Go through the alphabet and pair a woman's first-name with each letter before proceeding to the next letter. For example:

A, Andrea  
B, Betty  
C, Cindy  
D, Danielle  
E ... [and so on]

Version 3: Go through the alphabet and pair a man's first-name with each letter before proceeding to the next letter. For example:

A, Andrew  
B, Bob  
C, Christopher  
D, Dan  
E ... [and so on]

Version 4: Go through the alphabet and pair last-name with each letter before proceeding to the next letter. For example:

A, Anderson  
B, Benson  
C, Clemmons  
D, Danielson  
E ... [and so on]