

Blind bouldering

Individual exercise

Description

Participants climb an easy and already known route with veiled/covered eyes (or closed eyes). Boulder colours are irrelevant and should only be commented, if the climbing flow is hindered by it or if the climber is lead into a wrong direction.

Material/wall

Sleeping mask/veil/scarf to cover eyes

easy, already known routes, straight/sloped wall with many big holds and footholds

Therapeutical themes

Self-perception, fear and overcoming fear, mindfulness

Key questions

How does it feel to climb with your eyes closed, compared to climbing with eyes opened?

What helped to deal with the fear? Were there parallels to what goes through your mind/thought patterns you have in everyday situations?

Variations

Instead of covering the eyes, participants can also close them. If a participant feels insecure, then they can try climbing one piece of the route with open eyes and try closing them once they are safely standing on a boulder again, or just complete parts of the route with eyes closed.

Tips

Pay attention on the boundaries of the participants, reflect on their own expectations and taking a step-by-step approach. Participants should not ignore their fear, but be mindful and take the steps they need/feel able to, to complete this exercise. Make participants aware that they need to tune into how they feel over the course of the exercise. If fear comes up, they can climb back some steps and focus on a safe and stable stance, and then consider whether they want to try it again or not.