

Projecting

Individual exercise

Description

Participants select a challenging route according to their own strengths (for example a project from previous sessions). The boulder problem is then analysed with the use of the problem-solving tool (see key questions below).

Material/wall

Individual route

Therapeutical themes

Problem-solving, mindfulness, social support

Key questions

Awareness: When did the problem occur? How did I perceive it?

Analysis: Why did the problem occur? What was the difficulty?

Emotional evaluation: How did I react? Did I turn to negative self-talk or to a compassionate understanding of myself?

Preparing for the problem: What can I do at this point to overcome the problem?

Observing one's own strengths: What are skills and abilities that could help overcome the problem? What techniques have I learned?

Planning action: Where do I start, where do I hold on, how does my body position look like?

Social support: Who is going to support me? From whom can I take help?

Tips

Approach projects calmly and collectively.

Include breaks: sometimes a challenging route can be easier completed after a break.