

Shadow climbing

Partner exercise

Description

Two participants stand next to each other on the bouldering wall. One person climbs first, the other follows. The following person has the task of using exactly the same holds that the first boulderer used. After a short break, the exercise is repeated in reverse order.

Material/wall

Traverse with many holds and steps

Therapeutical themes

Communication, concentration, dealing with success/failure, responsibility/dependence, social comparisons, cooperation, expectations and demands

Key questions

How did you agree on the speed/difficulty? (communication/taking responsibility) Were you able to express your own needs? How much were you minding your partner's needs? How did you feel in your role? Are there parallels to everyday life (do I find it easier to follow or to lead)?

Variations

Grading up by also using the same steps as the partner.

If the pair notices that they did not communicate the first time, they can repeat the exercise again with communication (*How does it feel to do it, now that you are talking to each other?*).

Tips

Communicating with your partner is important!

The "following" is also very difficult in terms of concentration, possibly provide assistance and do not build up pressure to perform.