

# The conductor

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## Partner exercise

### Description

In pairs participants select an easy route. One of the participants boulders, the other person conducts, by announcing the next hold/step. Then participants swap.

### Material/wall

An easy route with many holds and steps, not too strength focused

### Therapeutical themes

Social relationships, responsibility/dependence, empathy/sensibility

### Key questions

*How well could it be recognized what the other person needs, what works for him/her and what does not? Transfer to everyday life: Do others give "good advice"? Does one perhaps also sometimes give advice oneself without knowing what the other person really needs? How easy is it for the person doing the bouldering to become completely dependent on the person conducting the bouldering? Does he/she try with all his/her strength to do it as instructed, or does he/she take responsibility him/herself and say what works for him/her and what doesn't?*

### Variations

As a variation, only grips, footholds or both and additionally the shift of the centre of gravity can be announced.

### Tips

The exercise is especially useful in pairs that already have established a relationship (but not only), as it makes typical patterns of the relationship transparent.

The experience of receiving 'bad' advice is known to many. Participants can be additionally invited to consider when they give 'bad' advice themselves.