

School of trust

Partner exercise

Description

The exercise is first demonstrated by the therapist, then the participants perform the exercise themselves in teams of two. At the beginning, the two partners stand behind each other, facing the same direction (distance approx. $\frac{3}{4}$ arm's length). The person in front is letting themselves fall back, and the person behind is catching the person early on the shoulders (with arms outstretched, secure stance: T-foot position). Afterwards, they switch.

Material/wall

Free room/space on mats

Therapeutical themes

Getting to know each other/group cohesion, mindfulness, anxiety management, body awareness/body focus, communication, responsibility/dependence.

Key questions

How did you guys feel about the exercise? Did you find it easy/hard to trust? What helps to trust?

Variations

Different variations can be performed in ascending difficulty: the distance to the catcher's hands is increased, then drop with eyes closed, then drop forward. The participants walk in pairs through the hall, the person in front raises his hand in the air, counts down from 3 with his fingers and drops at 0, the person behind catches.

In addition, the exercise can be done as a group exercise: Participants stand in a circle, 1-2 people walk by on the outside and tap a selected person on the shoulder, they drop backwards and are caught.

Tips

This is very much about trust among each other: trust is hard to build and easily destroyed. Therefore, it is advisable to take slow steps, to demonstrate the exercise and to slow participants down rather than incite them.

There should be an absolute feeling of psychological and physical safety. Important: only let yourself fall if you really want to - if you don't want to, stay standing!

Make sure that the body tension is maintained! Participants who find it difficult to let themselves fall will, for example, try to let only the upper body fall and keep the legs straight. This should be noticed and addressed. It may be helpful to change the posture of the head: Look straight ahead and fix your gaze onto a point in the room!

Perform the exercise "falling forward" only with same-sex couples.

Partners should be about the same height and weight.