

Visualisation exercise

Individual exercise

Description

A rope is placed on the floor. The two ends of the rope each represent the ends of a scale ("very strongly" to "not at all") for answering the three following questions. The participants are asked to stand in the place where they would place themselves in order to answer the question.

- 1) How strongly do you trust yourself?
- 2) How much do other people trust you?
- 3) How easy is it for you to trust others?

Material/wall

Free space or space on mats

Therapeutical themes

Social relationships, responsibility/dependency

Key questions

How did you feel about answering the question? Did you find it easy or hard to decide where you find yourselves on the scale? What did you notice? Are you comfortable with where you were on the scales, or would you like to change something?

Variations

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Tips

The rope should be long enough so that everyone has enough space.

Take your time and let the participants briefly feel how they are doing with this position.