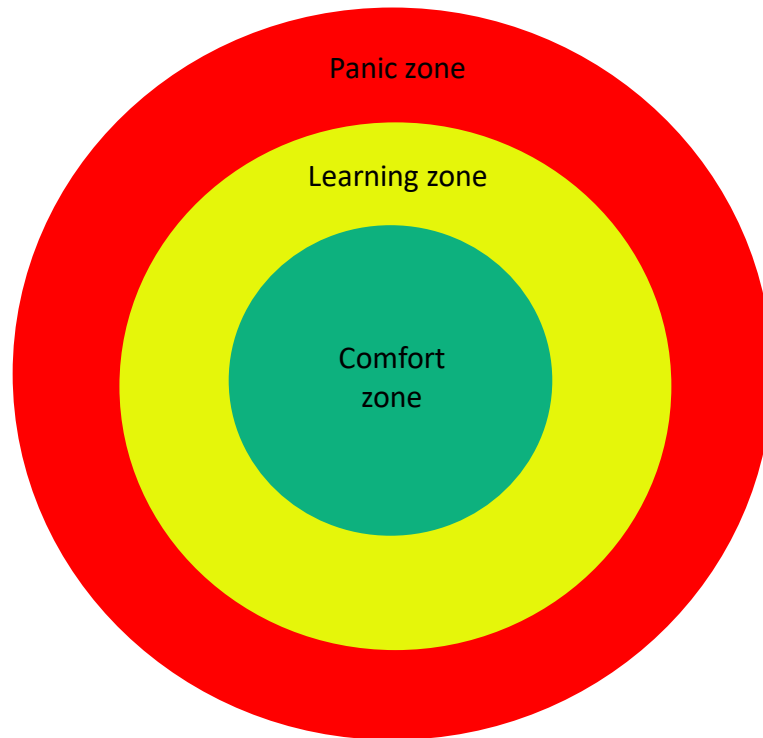


Learning zones model



Comfort zone

State of self-confidence/experience of competence, sense of well-being, routinized action: strategies that have already proven themselves; staying in the comfort zone makes it shrink

Learning zone

State of growth and learning, new experiences and new strategies can be encountered; uncertainty at first, accepting unfamiliarity/new challenges; slowly moving from comfort zone to learning zone expands comfort zone

Panic zone

Venturing out of the comfort zone too quickly: no more available strategies, not conducive to development, should be avoided as comfort zone shrinks

The bouldering group is your own personal time, which you can use to experience yourself, to make new experiences and to change something. Do what makes you feel good! Get involved without putting yourself under pressure. If you don't want to participate in an exercise, you don't have to. Everyone is allowed to look for exactly the challenges that they need in order to make new experiences.

Pay attention to yourself and your limits. If you notice that you are not feeling well during an exercise, contact one of the therapists.

What do I experience when bouldering?

Take 5-10 minutes of your time.

Find a comfortable and upright sitting position.

Bring your attention to the breath.

Take 3 deep breaths and then let the breath flow freely.

Consider the following questions and write down your experiences, thoughts and questions about them.

Be aware, there are no right or wrong observations!

Topic: _____

- 1) How did I experience today's theme in the group and while bouldering?

- 2) How did I experience today's theme in myself?

- 3) What do I take away from the bouldering session for my everyday life?

- 4) What else did I notice / notes for the therapists?

Body awareness and body center of gravity

Take 5-10 minutes.

Find a comfortable and upright sitting position.

Bring your attention to the breath.

Take 3 deep breaths and then let the breath flow freely.

Consider the following questions and write down your experiences, thoughts and questions.

Be aware, there are no right or wrong observations!

What do you need body awareness for?

Are you taking good care of your body?

Can you feel what your body needs?

How do you feel your center of gravity when bouldering? Where do you feel your center?