

Horse metaphor

Proud Arabian stallion or kind Haflinger

The Arabian as a proud horse, high, elegant, purebred and fast. We like the idea of riding this horse and making a good figure. We struggle to get up on the high horse, maybe our legs are too short, the horse also gets nervous because we are so clumsy and keep falling off. Then it might be better to choose a Haflinger. Granted, this one is not as elegant and not as fast, but who says that we can't do our rounds with it and have fun? After all, we don't have to be afraid of constantly falling off again and landing in the sand.

In other situations, you only dare to ride the Haflinger or even just a rocking horse. But you can cut a fine figure on an Arabian horse, if only you would dare and go for it. And once you have ridden the Arabian, you will realize how much fun it is for you.

The important thing is not the horse you ride, but that it is YOUR horse that suits you and on which you feel comfortable.

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?

Expectations and demands

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!

Do you know what it's like to have excessive demands and expectations of yourself?

Are your expectations always based on your capabilities?

Do you often compare yourself to others (upward comparisons)?

What do excessive demands lead to? How do you feel about it?