

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?

Problem solving

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 mountain are you currently climbing in your life?

What are situations in which you are in danger of losing your grip?

Who or what gives you stability in life? Where do you find solid ground in everyday life?

Do you always look for the easiest or the hardest way to reach your goal?

Do you allow yourself enough picnic breaks or can you hardly wait to reach the summit?

Is the journey or the summit the goal for you?

What happens when you reach the top?