

Problem solving

- **Mindfulness: Becoming aware of the problem**
At which point did the problem occur? How did I perceive it? What did I do? How did I react?
- **Analysing the problem**
Why did the problem occur? What was the difficulty?
- **Emotional evaluation**
How did I react? Did I put myself down or did I develop compassion towards myself?
- **Preparation for the problem**
What can I do to prepare myself for this, in order to solve the problem?
- **Consideration of own strengths**
What are my skills and strengths? What can I do?
- **Planning action**
What exactly do I do when, where and how?
- **Organising action plan and behaviour**
Focus on the action plan
- **Social support**
Who should support me? From whom do I want to accept help?
- **Incorporating rest breaks**
Planning breaks and allowing oneself to take a break (efficacious action)

...problem solved? 😊

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?

Strategies from Bouldering Psychotherapy

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

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How might you apply your Bouldering Psychotherapy experience to your everyday life?

What strategies might help you in the future?