

Session 05

Self-efficacy, achievement and pride

Material/wall

Tape

Traverse with many holds and footholds

Goal of the day

Experience self-efficacy, recognise own possibilities and boundaries, honour small successes and learn how to deal with success.

Exercises

Body scan, Warm-up, Tape bouldering, Elimination, The mountain

Starting phase

00:00	Mindfulness exercise	Body scan
00:10	Checking in	<i>How am I today?</i>
00:30	Topic: Self-efficacy, achievement and pride	Pride is felt when reaching a goal is recognised as a successful use of one's effort and performance (self-efficacy) – important is to: honour what has been achieved, also small successes; recognising the connection between expectations & demands: too high demands → disappointment instead of pride; pride leads to contentment & feeling good in oneself → positive for sense of self-worth and self-image

Active phase

00:35	Warm-up	Warm-up in the group, group ritual optional
00:45	Bouldering exercise	Tape bouldering in two small groups
01:10	Bouldering exercise	Elimination in two small groups Recognition and appreciation of one's own achievements ("it wouldn't be the same Boulder without me"). Pride not only in an achievement but also in a product one has created (boulder as a creative work).

Final phase

01:35	Final round	<i>What are you taking with you today? Could you be proud of yourselves?</i>
01:50	Relaxation exercise	The mountain

Body scan

Therapist version

Preparation

Self-responsible "arrival" of the participants:

If you are still stuck in your daily routine, please quietly do the [5-4-3-2-1 exercise](#) for yourself to fully arrive here.

Additional tips

For the first reading, it is useful to read the whole text during the introduction of the exercise and take a break whenever a body part is named. In the course of the program, fewer prompts to this guided body scan can be used, for example, after the introduction only body parts can be named.

Description

Find a comfortable, upright sitting position.

Feel where your body meets the chair/the floor. Feel your feet touching the ground.

Take time to settle into a comfortable sitting position.

Relax all muscles you don't need to maintain your upright position (shoulders, face, etc.).

Close your eyes or direct your gaze to the floor in front of you.

Throughout the exercise, the point is not to change or achieve anything. It is about simply observing what is and accepting it as it is.

Now turn your attention inward. Breathe deeply in and out. Observe your breath, how your abdominal wall rises and falls, all by itself, without having to do anything. Just observe: In and out and pause.

Now feel into your body and take time to notice the whole body.

Now direct your attention to your toes. Observe what you can sense in the toes:

Temperature, touch, a tingling sensation, the position of the joints, something else, or maybe nothing at all. That's okay, too, just to consciously feel nothing. For some people, the idea of directing the breath there, breathing in and out of the toes, as it were, is helpful.

For a short time, return your attention to your breathing. Then turn to the soles of your feet, the heel, the ankle. And as you consciously breathe in and out of these parts of your body as well, notice all the sensations.

As soon as you notice that thoughts arise, bring your attention back to the breath and the respective body region.

Inwardly feel your way up through the legs in this way, from the ankle to the calf and shin, the knee, the kneecap, through the entire thigh to the surface and inward to (the loin and) the hip.

The focus of your attention then slowly moves through the entire lower abdomen, touching the hips once again, then the buttocks, the small of the back, the abdomen. From there it continues through the torso, the back, the rib cage (and the ribs to the breasts, to the lungs and the large blood vessels located in the rib cage), continuing to the shoulder blades to the collar bone and the shoulders.

From the shoulders you move to the arms, from the fingertips through the fingers, the ball of the hand, the palm and the back of the hand, through the wrist, the forearm, the elbow the upper arm and the crook of the arm again to the shoulders.

Then move on to the neck and throat, and finally move your attention through the face and skull.

Meanwhile, keep your attention on the breath and the various sensations in the different areas of the body. Breathe consciously in and out. Let go of sensations and thoughts as you do so.

Now finish the exercise by slowly deepening your breath and moving your body again. Notice your surroundings and give yourself a smile :)

Topic - Session 05

Self-efficacy, achievement and pride

Background information

Being content with one's own performance depends on inner evaluations and expectations (for example: "I was slower than the other one" may lead to feeling disappointed, while "I was pretty fast for my level!" may lead to feeling proud).

Too high expectations and goals can lead to feelings of disappointment and failure. Realistic expectations however can lead to pride. One key condition for this is to recognise achievements and efforts as a success (experience of self-efficacy: "I managed this with my skills and the opportunities I had" rather than "I just had luck"). Recognising one's own achievements and honouring small successes is key – which is hard for many. Pride has many positive effects: it can lead to feeling content and satisfied with oneself, which can improve one's self-efficacy and self-image and create a positive future-orientation.

The goal of this week is to consciously let feelings of pride arise (of individual skills and achievements and of the group's creative/common achievement e.g. an individual bouldering route) and to reflect on how participants deal with this.

Key questions

Do you know the feeling of being disappointed in yourself?

What is the opposite of this? (Pride) How does it feel?

When was the last time you were proud of yourself?

What does it mean to be proud? How do we become proud of ourselves?

Can you recognise from your everyday lives, that you see your failures more than your successes? That you focus on things that do not work out, rather than on those that do?

How does this affect your sense of believing and trusting yourself, and your expectation towards future tasks?

How could these insights influence you positively?

Learning goals

To recognise own skills, becoming aware of achievements → strengthening the experience of self-efficacy

To recognise and honour (especially small) successes, to commend oneself for achievements and feeling proud of oneself.

Warm-up and cool-down

Individual exercise

Description

Participants are inducted to warm-up before starting to boulder and cool-down at the end.

The warm-up consists of 3 parts:

1. Cardio warm-up: starjumps, jumping jacks
2. Mobilisation: open and close fists (with arms outstretched or at an angle), wrist turns, move arms to side and flip palms up and down, move head to each side, circle arms back and forth, cat-cow pose on all fours, stretch sideways, stretch hands down to the toes while standing, twist and stretch ankles.
3. Warm-up climb: climb 3-4 easy routes below your own level to warm-up.

Cool down consists of stretches to all muscle groups that were used.

Material/wall

Free room or space on mats

Key questions

Which exercise did you like last time? How did it go?

Variations

Due to time constraints and depending on the content of the lesson, the warm-up climb may be omitted.

Tips

Increasingly involve participants to encourage initiative.

Tape bouldering

Pair/group exercise

Description

Participants receive tape and will mark boulders along a traverse. This should lead to a route that the group creates together, which is manageable for all participants.

Material/wall

Tape

Traverse with many holds and footholds

Therapeutical themes

Social relationships, communication/cooperation, responsibility/dependence, estimating own performance, self-worth/pride

Key questions

How does communication happen in the group? How well are participants minding each other, and deciding whether the route can be achieved by weaker members? Who is particularly considerate? Do individual members let themselves become pressured? How does the group estimate itself? Can everybody identify with the finished created route?

Variations

Variations of the exercise could be to tape footholds as well as grips (or both). Or the bouldering route is not marked with tape, but will have to be memorised – this would include a cognitive/attention focus. Further the exercise can be made harder, when only one type of hold is chosen, for example jugs or slopers.

Tips

It is important to value the route together. The participants should be proud of their joint achievement.

The exercise [Elimination](#) is good to complete afterwards.

Elimination

Pair exercise

Description

A route along a traverse has been marked with tape. Participants are bouldering along this route, and take away a tape from a hold, if they find it not necessary. By doing so, the route becomes increasingly more challenging, while still being manageable for the participants.

Material/wall

Tape

Traverse with many holds and steps

Therapeutical themes

Social relationships, communication/cooperation, responsibility/dependence, problem-solving, estimating own performance, self-worth/pride

Key questions

What role do members of the team take? How does the group manage to make the route achievable for the 'weakest' members? Is this possible at all? When is the route declared as 'finished'?

Variations

The exercise can be varied mainly by marking more or less holds at the beginning or by marking footholds as well.

Tips

It is important to keep the route manageable for every member of the group, so that no participant is left behind.

At the end everyone should be involved in puzzling/deliberating – and not giving up too soon! It becomes fun, when the participants' expectations are being surpassed and more holds than previously deemed possible become eliminated.

The exercise is best suited following the [Tape bouldering](#) exercise, whereby the self-taped route can be used as a starting point.

The mountain

Therapist version

Additional tips

This exercise is done while sitting. Leave enough time between paragraphs and read slowly in a meditative voice.

Description

Close your eyes and let the image of the most beautiful mountain you can imagine arise in your mind's eye. It can be a mountain that you already know or a mountain from your imagination. Now let this image become clearer and clearer.

Look closely at the shape of your mountain - its rock, its peak rising into the sky, and its foundation resting in the earth.

Consider its steep or gently sloping sides. Also notice how massive your mountain is - how solid - how motionless and how beautiful! Seen both from a distance and up close - a beauty that comes from its unique shape and form.

Perhaps the top is covered with snow; and its lower slopes are forested; perhaps it has a particularly lofty peak or even several peaks or a high plateau.

The mountain is deeply anchored in the earth, standing firm and secure. And even when clouds obscure it, when a storm rages around it, the mountain is always the mountain. Just sit here and breathe and become aware of the qualities of this mountain.

And you are the mountain.

You are the mountain with all its features and characteristics - with all its beauty! Sit like a mountain! Dignified and silent. Your head becomes the towering peak or the vast plateau, just as you imagined your mountain peak. Your shoulders and arms, your front are the slopes, your buttocks and legs form the solid base - rooted to the chair, cushion or ground.

Deep within your own body along the spine, experience the ascending quality of the mountain. And now, as you sit here, with each breath become a little more like this breathing mountain. Centered, present and unshakably resting in your stillness - completely what you are - beyond words and thoughts.

Become aware that the mountain is simply sitting there as the sun moves across the sky and light and shadow and color change from moment to moment. Day is followed by night and night is followed by day again! The mountain experiences constant change and yet always remains itself. It remains still while the seasons merge and the weather changes from day to day and from moment to moment.

See how the mountain embodies the stillness that outlasts all change. It just sits there and is itself.

Its magnificence and beauty are not dependent on whether or not it is seen or what the weather is like. The mountain doesn't care whether it is in the sunlight or enveloped in clouds - whether it is blazing hot or freezing cold. It just sits there and is itself.

Sometimes the fiercest storms and thunderstorms of unimaginable strength roar on it; and then spring comes - the birds sing again in the trees and flowers bloom in the mountain meadows, and huge amounts of meltwater shoot down into the valley in the mountain streams. While all of this is happening, the mountain just sits there, not really being impressed by what is happening on its surface.

Despite the constant changes in our own lives, we can embody the same unwavering stillness and a sense of being rooted - just like the mountain.

You can relive this image of the mountain from time to time - whenever you need its qualities. You can become this mountain again and again, you can sit like a mountain again and again in between. Mindful, dignified, present and deeply rooted with the earth in true stillness.

Now you say goodbye to your mountain and become yourself again. But you take a piece of it with you into your life, which you now re-enter with all your attention.

You consciously breathe in and out deeply, stretch your arms and legs and come back to the here and now.