

Exercise – Personal space from an observer position

This document describes the structure and content of an exercise to experience personal space from an observer position. For more information on the context of this workshops and on how and why we apply the systemic constellation method, please visit: www.seedsandleaves.nl.

Practical information

- Duration: 15 minutes
- Trainers: 1-2
- Participants: 3 to 30
- Location: outside or any room without chairs and tables that are in the way

Aim or learning goals

After the exercise, participants:

- experienced their own personal space;
- experienced someone else's personal space from an observer perspective;
- experienced how the social context triggered bodily sensations and they reflected on it;
- are more aware that the social context influences their well-being and functioning.

The workshop contributes to the development of a systemic perspective among the participants.

Content

The exercise is done in groups of 3 participants. One participant stands still and another participant slowly moves toward the other participant, in a face to face way. Both participant observe their own bodily sensations. The third participant is the observer and stand on a distance of the two. The observer also observes the own bodily sensations and the sensation of the system. After a while the group shares experiences and reflect on it together. Then they shift places, until everybody got their turn.

Explanation

This exercise invites participants to experiences systemic sensing and their own sensations when viewing distance and position between others.

