

Exercise – Personal life path

This document describes an exercise to experience moments in the own life path, linked to the social system, that influenced where you are today. 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: 30 minutes
- Trainers: 1-2
- Participants: 3 to 30
- Location: outside or any room without chairs and tables that are in the way
- Materials: blank paper sheets and pens

Aim or learning goals

After the exercise, participants:

- experienced the influence of their social system and socialisation processes on their worldview, their opinion and on the choices that they made/make;
- 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 and can reflect on it.

The workshop contributes to the development of a systemic perspective among the participants and contributes to a reflective attitude toward themselves and others in the context of the influence of social systems and socialisation processes.

Content

First, ask all participants individually to draw their own life path on a sheet of paper. They may choose their own form and style. The path may be straight, curvy, circular, etc. In this drawing, they need to mark 3-5 moments in time that have influenced where they are today. When we do the exercise with medical students, we ask them what influenced them to study medicine. They pinpoint small or large events' that (partly) determine when they are today. The drawings are not discussed in the group or explained.

Secondly, the participants form groups of 2-4 persons. One of the participants starts and writes down on a black sheet the 3-5 moments he/she identified (per moment and new sheet). The participant puts these 3-5 papers on the floor according to the drawing of the life path, and slowly walks through the life path with the moments. The participant walks through a part of his/her own history. They do not have to explain or clarify anything. The other participants observe their colleague, their own sensations, and the energy in the room, in silence. After a while, the observers can ask the participant who walks through his/her life path about sensations at his moment. They do not ask about the details of the events. At the end, the observer may share their observations with each other. Then, one of the other group members starts until everybody got their turn.

Explanation

This exercise invites participants to experiences systemic sensing and their own sensations when viewing others. It offers a bodily experience of how the own social system when you come from influences you.

