

## Exercise: Pacing and Leading

In pairs: A and B, approx. 5-10 minutes

- A makes movements with the whole body, and B adjusts itself.
- After a while, B gently goes over to leading. A adjusts itself.
- Further gentle changes in pacing and leading, so that a "dance" is created.

These body movements can be arbitrarily replaced by one of the following repeating behaviors:

- breath rhythm
- Posture, small body movements (gestures)
- Minimal movements (e.g. frowning, foot rocking, etc.)
- The volume of the voice, speech rate
- Language patterns and keywords
- blink of an eye

After some practice, you can move on to pacing or leading two or more of these behaviors. A and B can also pac and lead different behaviors.

## Exercise: Matches and mismatches

Group of three: A, B, and C, approx. 10 minutes, then change rolls

- A tells something from life (e.g.: vacation experience, about work, art, culture, etc.)
- B listens and paces (mirrors) A in at least three behaviors (e.g: posture, breathing rhythm, and speaking rate, cross-mirroring if necessary)

- After a few minutes, B breaks the report by changing the previously mirrored behavior accordingly.
- After a few more minutes B goes back to pacing.
- C notes the changes that occur during the changes.
- A and B exchange about the changes of their inner experience through the changes.
- C reports on his or her observations (specific to the senses: what did you see and hear!)

After some practice, you can start pacing or leading two or more of these behaviors. A and B can also pace and lead different behaviors.

## **Exercise: Pacing of statement**

Remember a situation that is typical for you and in which you communicate with other people.

### **Sensual perception**

List three things that you can perceive in the presented situation. What do you see, hear and/or feel?

Inlay these perceptions into a conversation.

### **Commonplaces**

List three generalities or facts that apply in this situation. Weave them into a conversation.