

Trust Walk

Pair off with someone you don't know very well. One person keeps his eyes closed while the other leads him around for 5-10 minutes. Ask questions to stimulate the imagination, such as, "What does this texture make you think of?" "What kind of music comes to your mind now?" "What does this remind you of?" "Do you feel safe?" After a couple minutes, try leading the "blind" person just with verbal instructions and no physical contact. Then reverse roles and go for another trust walk.

Take a couple minutes to think about the questions below then share your answers with your partner and explain the reasons behind them.

Trust Walk Questions

1. How would you describe the inner feelings that you had on the trust walk?
2. How did these feelings change when there was only verbal contact?
3. What was the most significant moment for you during your blind walk?
4. What did you discover about yourself during this time?
5. How would you describe your partner if your only experience with him was the trust walk?
6. What experiences out of your past did this blind walk bring to mind?