



NAME OF EXERCISE	STUCK EXERCISE		
SOURCE	U-school for Transformation and Presencing Institute		
USE IN GAME-PHASE	Introduction to the game Getting into the game	During the game	
DURATION	75-105 minutes without reflexion		
PARTICIPANTS	Split group in small groups of 4-6 persons, practicing together in person or via videoconference. If the latter, adjust your camera so your whole body is visible.		
PURPOSE	This exercise can be used by individuals or teams as a practice for letting the intelligence of the body guide us in decisions and actions. Fully embodying our situations gives us direct feedback that informs our decisions. Noticing the interdependence of many factors and influences in every situation gives us a broader perspective.		
SHORT SUMMARY	Body-oriented exercise by which one experiences going through the whole U journey by moving from Sculpture 1 (current reality) to Sculpture 2 (emerging future). We do not know what the movements will be or where they will stop, but we can follow the movement and then reflect on our experience. Surprising insights can arise.		
LifeComp - Competences	P1 – Self-regulation P2 - Flexibility	S1 - Empathy	L1 – Growth Mindset
USES & OUTCOMES	● Become more sensitive to and honest about the feeling-quality of their current situation. ● Suspend concepts; build trust in body knowing. ● Feel ourselves as part of a co-creative system. ● Feel what is emerging, a future that we want to create.		
ROOM REQUIREMENTS	Sufficient space to ensure you have enough room around you to freely move, and so that groups can work without distraction.		
PREPARATION / MATERIALS	No requirements		
INTRODUCTION	“You will not solve a problem with the same tools that created it.” The invitation is to make visible the willingness of the people present to move toward a healthier, freer, more creative situation; to feel more deeply into the present reality rather than trying to “fix” the situation with the same mindset or frame of reference that created the stuck situation. Instead, we feel deeply into the situation and suspend our problem-solving habit. By paying attention to our “body knowledge” and the social field, we discover new directions or fresh insights that were not accessible through mere thinking. Principles ● Forget all concepts! ● Lean into the “stuck” situation. The wisdom is already there. Notice what emerges - what is sometimes called a “crack” in Theory U language.		



- Let the body take the lead. Don't plan, act, mime, pretend, manipulate or present. Just BE and DO.
- Trust the moment-to-moment experience.

SEQUENCE OF STEPS	Description
STEP 1 (10 minutes)	Show Sculpture: 1. The participants form small groups (4-6 people) and position themselves in the room so that there is enough space between each person. 2. The participants visualise a situation in their lives that feels stuck. Instructions: 3. Allow the feeling that you are stuck in this particular situation to come into your body as a form or gesture. 4. Embody your feeling of being stuck. Make it concrete and visible in the room. (Sculpture 1) 5 Share this with the others in your group in turn. 6. The others reflect briefly on what they saw or felt as witnesses. https://www.youtube.com/watch?v=uVeU1fTuSZc
STEP 2 (5 minutes)	Group Stuck: Individual movement from sculpture 1 to sculpture 2. The participants remain in the feeling of 'getting stuck from sculpture 1 (stuck form). They feel into their bodies and start to move. The trainer guides them to follow their body's impulses and to feel further into themselves. How does my stomach feel, my back - how am I breathing? When the impulse to move subsides, stop (sculpture 2). https://www.youtube.com/watch?v=RcxcGrqNRfQ
STEP 3 (10-15 minutes per person)	Group Movement: from individual Sculpture #1, to Sculpture #2 1. Take 2 minutes to sit in silence with the group (max. 6 people) and feel the social body of the group. 2. One person invites the others to participate in his/her stuck sculpture to emphasise, reinforce or clarify his/her feeling of being stuck. They can be part of the situation, e.g. representing the forces holding him/her in the stuck form. 3 As a collective, everyone stays with the feeling of being stuck, witnesses it and immerses themselves in it. 4. Pay close attention to the collective or social body as it begins to move, shift or change. Do not speak during this phase. 5 When the movement stops, rest in this Sculpture 2. 6 Remaining in sculpture 2, each person says a sentence from the 'I voice'. 7 Reflect in the group on what you have noticed, seen and felt. 8. Gap of silence 9. The next person does his/her unfolding exercise as described above. https://www.youtube.com/watch?v=XvgVt-JBpO8
REFLECTION Optional (10-20 minutes)	1. Reflection is integrated into every part of the exercise. Participants can reflect through multiple lenses.



2. What is the difference between the fixed form and sculpture 2? How do they differ? What was the movement from sculpture 1 to sculpture 2?

3 Where did the movement begin in the body? Where in the social body?

4. In the group that is stuck, each person holds or expresses a different aspect of the system, but also embodies the whole system. Reflect on what literally happened, on the quality of the experience and on the feeling.

5. What insights or questions arose?

TIPS

This exercise can be used whenever

- the flow of the game has been lost
- the participants are too much in their heads
- the participants have difficulty getting out of their old patterns