

STUCK TO CHAIR (2 VARIATIONS)

SAMPLE SCRIPT

This is a routine I've played with for a few years now and have become a big fan of. It's the simplicity of it all. An every day action/ move most of us likely take for granted that your volunteer is now experiencing in inability to following through on themselves. Hope you enjoy the two variations below.

VARIATION 1 (regular sticking)

"Imagine, for a moment, that your butt is completely stuck to your chair. The more you try to unstick it in a moment, the more stuck it feels. The more unstuck you try making yourself, the more stuck you end up making yourself. In fact, right now you can tense your calves, tense your legs but it almost feels like you can't move. You can try to remove your back from the back of the chair but it almost feels like that can't move. It almost feels like your whole body is just stuck and the more you try to unstick it, the more stuck it becomes."

"The moment I tap your forehead, you'll find you can easily get up without an issue (tap their forehead). You can get up now, do it."

VARIATION 2 (compounding the stuck feeling with laughter)

"I want you to imagine that you yourself are stuck to this chair. Just thinking about it right now as you continue relaxing, imaging your body getting heavier... And heavier... and heavier... so it's almost impossible to unstick yourself. The more you try to unstick yourself, the more stuck you become. You find it feels so much more relaxing to give in to the experience than to try to fight it and get up. In fact, the more you try to unstick yourself, the funnier it becomes, the more you laugh, the better you'll feel and the more stuck you become."

"Try to unstick yourself now (snap fingers) and the harder you try to unstick yourself, the more stuck you become, the funnier it is, you start laughing. The more you laugh, the better you feel and the better you feel, the more stuck you become. You can try to get up but the more you try, the more you laugh, they better you feel and the more impossible it becomes for you to get up."

Feel free to use the same (or a similar variation) of the release method in "VARIATION 1" with the forehead tap. This could be a shoulder tap, knee tap, back-of-hand tap, simple snap of fingers, etc.