

“Freeze” and “What-if” triggers

Whenever the bodystorm is slowing down or inspiration starts to run low, consider changing the circumstances with one of the following triggers.

To use these triggers one of the observers shouts freeze, and then adds a new detail/perspective/constraint/situation, introduced with the phrase “What if...”

For example: *“What if there was only one chair in the room?”*.

Add more detail to the characters ...

- Physical condition of the person
- Mental/emotional state of the person
- Their back-story
- Who is accompanying them?

Change the perspective ...

- Change character (young child, disabled person)
- Change attitude or emotion
- Act out what goes on inside a device or service

Change situation ...

- Conflict situation
- Supportive situation

Add constraints ...

- Only one chair in the room
- Electricity outage
- Water costs a lot