

## “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.

### **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

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

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