

Heal Your Mother Wounds with

Art Therapy

Kickstart your Recovery Journey with these Creative Ideas

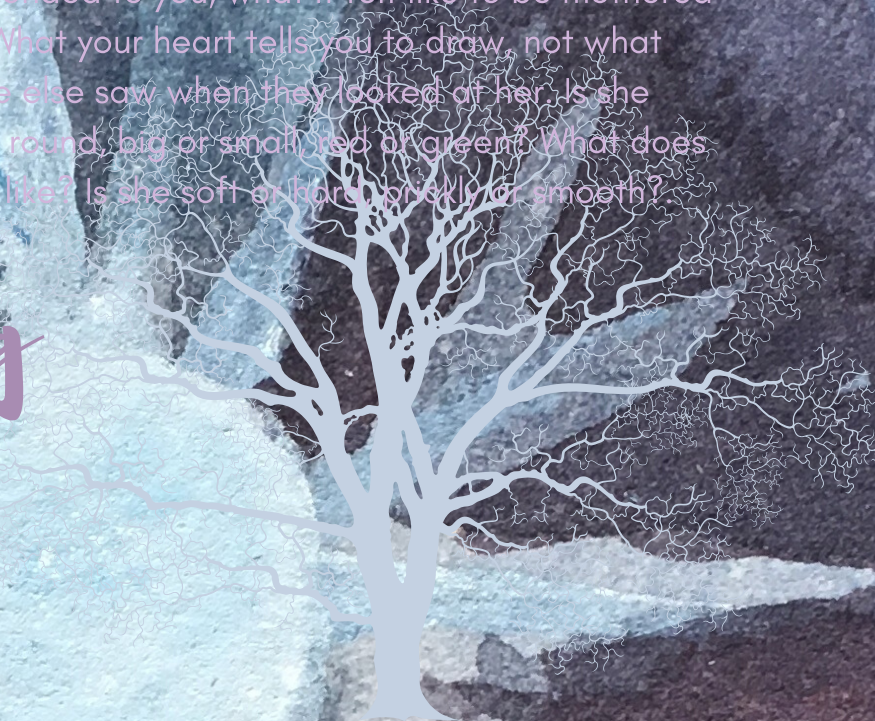


Mother drawing

Draw your mother as she was when you were a child. I want you to incorporate your feelings about her,, how she responded to you, what it felt like to be mothered by her. What your heart tells you to draw, not what everyone else saw when they looked at her. Is she sharp or round, big or small, red or green? What does she feel like? Is she soft or harsh, prickly or smooth?

Tree Drawing

Are you tall and strong or small and fragile? Do you limbs stretch far and wide or are they hanging down. Are you a mighty oak or a small gum tree?



Sunrise / Sunset Drawing

Do a daily drawing of the sunrise or the sunset to check in with how you are feeling. Let the colours show you your emotions. Is the light deep magenta or bright yellow?

Self as landscape drawing

What kind of landscape are you? Draw your inner landscape today. Is it lush or arid, crowded or bare? Is your inner landscape a jungle of beautiful thoughts or a dark and tangled brier of negativity? Is there light or darkness? Is it a well-tended garden or a wild moor?



Internal wounds drawing

Draw your inner wounds. Is your heart broken? Are your wounds making your stomach heavy? Do you feel constricted in your neck or back? Check in with your body and ask where you feel wounded.

Spend time each day connecting with your creativity.