

Art Therapy

TO HEAL YOUR INNER CHILD

1 EMOTIONS IN THE SKY

Think about how you are feeling right now. Draw a sun, cloud and star. The sun represents optimism, the cloud depression or pessimism, the star, hope and enthusiasm for a brighter future. Use different colours and textures to represent how these symbols impact on you and how you feel about them. Draw a different sky every day to represent how you are feeling on that day.

2 SAFE SPACE DRAWING

Draw your safe space. It can be a real space (perhaps a bedroom) or an ideal, fantasy space. Somewhere where you can feel safe to be you and are never be criticised or judged. A space where you can relax. Is this space big or small? Are you alone? Is the space outside or inside? How do you access this space? Can you go there now or is it hard to get there? Imagine yourself in the space. How does it feel to be there? Do you feel protected, joyful or just relaxed?

3 CUP OF SELF-COMPASSION

Draw the outline of a cup. Fill it with everything you can do to look after yourself. Remember or think about all the things you can do to feel better and nurture yourself and your inner child. Friends, exercise and rest, art and reading, saying "no" when you need to, treating yourself to a nice space where you can do some of your drawings.

4 TUG OF WAR DRAWING

Draw your family. How many siblings did you have? What kind of house? Did you have pets? Special toys? What was your role in the family? Were you the Golden child, the scapegoat, or the lost child? Draw yourself in this role.

5 PRIZED POSSESSION DRAWING

Try to remember some objects that were important to you. A doll, a book, a blanket or soft toy. Think about what they meant to you. Draw them. Why is it important? Do you still have it? What memories are associated with it? How long have you had it? How does it help you? Did you find it, buy it, or was it a gift? How did it help you cope?

6 DRAW YOUR INNER CHILD WOUNDS

Draw an outline of your body. Where are your wounds? In your heart? In your head? In your chest? Colour them in with the colours of your feelings. Are they raw and red, green, blue or purple or are they black?

7 NOURISHING THE SELF DRAWING

Draw a meal that was your favourite as a child. Then draw what your mother wanted you to eat. It doesn't need to be real food, but something that would have nourished you. Something that your body and soul craved. Imagine yourself eating this special meal sitting at a table, prepared just for YOU. Imagine the table settings and the room. Is there music playing? A tablecloth, flowers, silver cutlery and special plates? Are there other people there or are you alone?

