

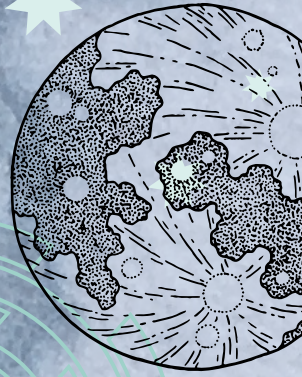


ART THERAPY EXERCISES TO HELP HEAL YOUR INNER CHILD



It took me four years to paint like Raphael, but a lifetime to paint like a child.

Pablo Picasso



1 EMOTIONS IN THE SKY

Draw a sun, a cloud and a star. The sun represents optimism, the cloud depression or pessimism, the star hope and enthusiasm for a brighter future.

2 MAZE DRAWING

Draw yourself in a maze. Where are you in the maze? How old were you when you got into the maze? When do you think you will be able to find your way out of the maze? What does the maze mean for you in your life? (obstacles, coping mechanisms, problem solving skills.

3 CUP OF SELF-COMPASSION

The greatest miracle on Earth is the human body. It is stronger and wiser than you may realize, and improving its ability to self heal is within your control, said Dr Fabrizio Mancini.

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 COPE CAKE DRAWING

Draw your own unique "Cope Cake" and fill it in with three or more coping techniques. What is your go to coping skill? Which coping skill would you like to try in the future? Which coping skill have you used in the past?

DRAW YOUR INNER CHILD WOUNDS

7 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?

8 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?