

Art Therapy Ideas

FOR DAUGHTERS OF NARCISSISTIC MOTHERS

FROM AMANDA ROBINS



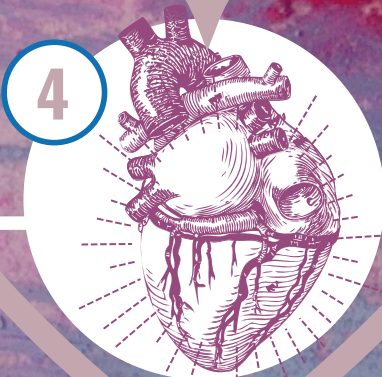
2
CASTLE DRAWING. Draw your own castle. Would you want to live there? Is it a haven or a prison? Cold or cosy? What do you like/dislike about it?



1
PERSONAL BOUNDARIES DRAWING Draw a figure that represents you and draw a boundary around it. Is the boundary thick or thin? Has it been up for a short or long time? Are your boundaries working?



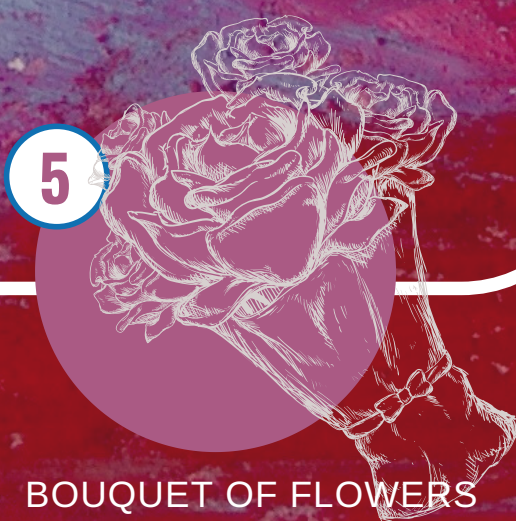
3
BABY DRAWING Draw yourself as a baby. Are you cute and happy, or dark and red. Crying or smiling? Are you close to others or on your own?



4
HEART DRAWING Draw an outline of your heart. Is your heart wounded? Where are the wounds? How were they caused? Do they still hurt or have they healed? Is it bleeding? Do other people know about the wounds?



6
WHO AM I Create a quick sketch that answers the question: who am I? Use magazine photos to collage images around and onto the sketch. Indicate your strength, weakness, how others view you, what is important to you and what you want.



5
BOUQUET OF FLOWERS DRAWING Is the bouquet for you or someone else? Do you deserve the bouquet? Is it bright and colourful or simple and plain?



7
GARDEN DRAWING What is growing in your garden? Is it lush or dry? Where is it growing to? Up into the sun or back down into the ground? What sort of flowers or plants are there in your garden?



8
DESTINATION *Freedom*
TO BE YOURSELF