

Draw Your Story

This art therapy exercise is designed to help you explore and express your personal story through figurative art and written narrative. By creating a visual representation of your experiences and pairing it with a narrative, you can gain insights, process emotions, and empower yourself in your healing journey.

Materials Needed

- Paper or canvas
- Drawing/painting materials (colored pencils, markers, crayons, paints, etc.)
- Pen or pencil for writing
- Any additional art supplies you feel drawn to



Step 1: Grounding Exercise

Before beginning, take a few moments to ground yourself:

1. Close your eyes and take three deep breaths.
2. Think about a story from your life that you'd like to explore. It could be a moment of challenge, growth, joy, or even uncertainty.
3. Ask yourself: *What emotions or themes are tied to this story?*

Step 2: Create Your Figurative Representation

1. On your paper or canvas, create a figurative drawing or painting to represent your story.
 - It doesn't need to be realistic - abstract shapes, colors, or symbols are just as powerful.
 - Consider including representations of yourself, other people, or even abstract elements like weather or landscapes to capture emotions and themes.
2. Let your emotions guide your artistic choices:
 - What colors reflect your feelings?
 - What shapes or images capture the essence of your experience?
 - Where does the energy flow into your artwork?

Step 3: Reflect and Write Your Narrative

Once your artwork is complete, reflect on what you've created. Then, write your story using the following prompts:

- **Title Your Artwork:** What name or phrase best represents your creation?
- **Describe Your Story:**
 - What is happening to your artwork?
 - Who or what is represented?
 - What emotions, memories, or thoughts came up while creating this piece?
- **Explore Meaning:**
 - What does this piece tell you about your experience?
 - How do the colors, shapes, or figures connect to your emotions or themes?
- **Empowerment Statement:**
 - What do you want to take away from this experience?
 - Is there a message of hope, strength, or healing that you see in your artwork?

Step 4: Share (Optional)

If you feel comfortable, share your artwork and narrative with your therapist, group, or a trusted person. Discuss how the process felt and any insights you gained.

Step 5: Closing Reflection

Answer these final prompts to conclude your session:

- How did this exercise help you process or express your emotions?
- What emotions do you feel now compared to when you began?
- What part of your story feels most meaningful after this experience?

This process is about expression, not perfection. Your story is valid, and your art is a powerful tool for healing. Keep this piece as a reminder of your resilience and growth.

