

Week 2: Drawings

Developed by The Center For Mind Body Medicine

I. Three Drawings

Drawings are an exercise in self-awareness and a form of self-expression. They can unlock your subconscious and help you to discover more about yourself. Through drawing, you will have the opportunity to use imagination and intuition to become aware of issues and to explore possible answers or new possibilities.

This exercise is not about making a perfect drawing, it is about communicating with a deeper part of yourself. You will be guided and asked to create 3 separate drawings. The first is of how you see yourself today, the second is of you with your biggest problem, or issue, and the third is of you with your biggest problem, or issue, solved.

It is not an art contest and you are not being judged or graded, so try to let go of any thoughts you have about performance and relax into the process. Other than the subject matter, there are no rules. When finished, everyone who wishes will have the opportunity to share their drawings in their groups.

II. Discussion Questions for All Three Drawings

- *How do you feel when you look at your drawings?*
- *How are you represented in your drawings? Big*
- *What do you see when all the drawings are in front of you?*
- *Do you look different in the three drawings? If so, how?*
- *What is the most important thing to you notice about your drawings?*
- *Is there a story here in these three drawings? What is it?*
- *Is there anything in the drawing of the biggest problem that gives a hint to the solution of the problem?*

III. Homework

Practice using drawings and reflection writing as a means of cultivating awareness.