

EXERCISE 15

Self-Portrait Exercise

- Step 1:** Inside the torso of your drawing, write words that describe the roles you hold such as wife, mother, daughter, artist, employee, volunteer, etc.
- Step 2:** Inside the head of your drawing, write words that describe any anxieties and worries you have, such as your relationship with your mother, your productivity, your abilities as a parent, burnout, depression, being overworked, etc.
- Step 3:** Around the outside of the torso in your drawing, write words to describe you including your physical features, values, personality characteristics, and adjectives as desired.
- Step 4:** Around the outside of the head in your drawing, write words that capture what you need from others, such as compassion, understanding, space, hugs, distraction, affection, time to yourself, or reassurance.
- Step 5:** Review the final self-portrait, exploring key words that stand out or hold the most power instead of you in this moment. Grab some colored pencils, crayons, or colored pens and shade in the torso and head if you like. Focus on shading your drawing from left to right for bilateral stimulation and deeper processing as you continue your reflection of who you are and how you show up in the world.

Artistry is not the goal here so don't let your perfectionism get the best of you!

