

TheConfidante

COUNSELLING

IT IS NEVER TOO LATE TO BEGIN



Christmas Art Therapy

Tools:

Adult Colouring in Book

Pencils/Crayons/Pastels/Textas

Instructions:

- 1. Select your colouring in page that appeals.**
- 2. Set you intention – For example, What it is you hope to achieve in this next little while? What problem you seek answers for? a Prayer? What are you grateful for?**
- 3. Begin to focus on the page and let your eyes take in the beauty of the designs – allowing your mind to wander as it will. If you mind begins to chatter, simply bring your attention back to the beauty of the page. Relax and float with the thoughts and feelings that come to you.**
- 4. Once you feel settled in mind and body, focus on the colours you feel are helpful for your purpose.**
- 5. Stop colouring and momentarily put your tools down if you feel distracted by other thoughts – give yourself a few moments, take a few relaxing breaths – then continue.**
- 6. This should be relaxing, enjoyable, creative time. Put aside any negative judgements.**
- 7. Look at your page, give it a title – let this come to mind with as little thought as possible. Put today's date on it.**

Questions!

1. What drew you to this design?

Note any images – associations for you – both good and bad.

Did any image become obvious that you did notice initially?

What might they mean to you?

2. Media used – what drew you to one form over another, did you use a few, Why?

3. Record any thoughts, ideas that may have come to you during the process – both positive and negative.

4. Notice the colours you have used. Did they evoke any specific associations for you?

Remember this is an individual experience. Everyone will have a different experience.

Did you come away feeling relaxed, with a resolution, peace or clarity concerning the intention that was set? Write this down.



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*With credit to and adapted from Bereavement Practice:
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