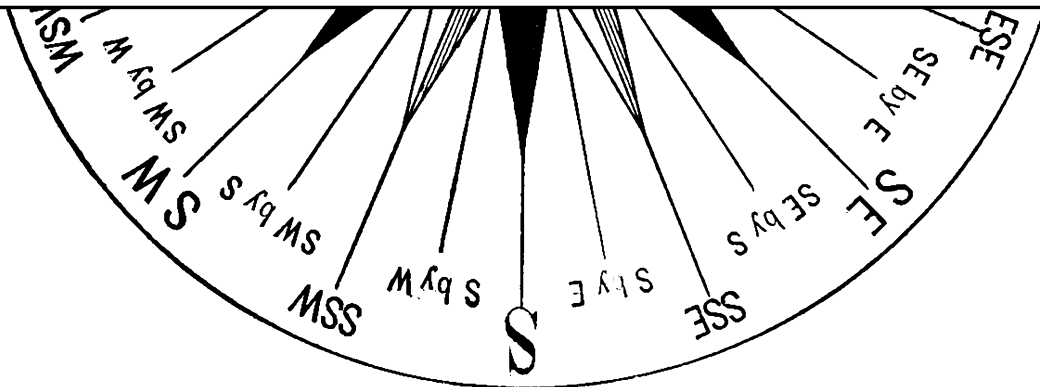


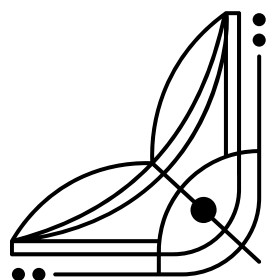
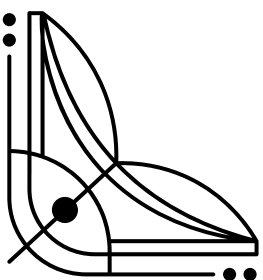
Expressive Worksheet

TO HELP NAVIGATE CHALLENGES



By Dr. Victoria Harris

"WHO LOOKS OUTSIDE DREAMS; WHO LOOKS
INSIDE, AWAKES" - CARL JUNG



The Challenge

1. Draw a symbol, shape or scene that represents a challenging issue, feeling, emotion, situation or experience you are struggling with right now. (*Don't worry about the quality of the artwork and try not to think too deeply about it, but rather allow yourself to be led by your intuition*).



2. Describe the drawing, what you see & how you feel about it.

3. How might this drawing help you understand your challenge?

(Is there anything you notice about it? Is there anything surprising? What feelings does it evoke? Is there anything that is missing that you feel needs to be added?)

4. Now consider your needs in relation to the issue you chose. Do you have any needs that have not been met and why? Is there anything you might be ignoring or pushing away & why?

The Learning

5. Draw a symbol, object or word that represents what could help your inner child. (*We all have an inner part of us that is vulnerable, feels young and needs minding at times*).



6. What can you say to the inner child part that will be compassionate & helpful right now?

7. What can you do that will be compassionate, helpful & nurturing?
