

Art therapy and creative expression

Showing a Feeling in My Own Way

Adults | 10 to 15 minutes

A color, shape, line, or short phrase may help you describe an experience. Artistic skill is not required, and your work has no predetermined meaning. This is an optional creative reflection, not a diagnostic art test or a substitute for art therapy.

Choose ordinary materials or write a description. Make a simple representation of a manageable current experience and decide what, if anything, to share.

Create with choice

Use an abstract shape, a few words, or a familiar image. You can stop, change direction, or make something unrelated to distress.

Let your meaning lead

Describe what the work means to you, including uncertainty. A listener should ask rather than interpret symbols. Consider privacy and whether you want to keep, cover, or discard the work.

1. What experience would I like to express without explaining every detail?**2. What marks, words, colors, or shapes fit my meaning?****3. What would I want a listener to ask rather than assume?****4. What should happen to the work, and who may see it?****Clinical use and adaptation**

Do not interpret images as evidence of trauma, abuse, or diagnosis. Offer accessible alternatives and avoid graphic trauma prompts. Call the activity creative expression unless delivered within the professional scope of appropriately trained art therapy.