

# DO Try This At Home!

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My intention is to give you bits of inspiration, ideas to try, an encouraging word or story to take you on your way. Why would you want to try this? Well, if you're like me, you may easily get distracted from your deepest, creative Self. There are so many ways for us to put ourselves on the back burner. We think that everyone else's needs are so much more important than our own. We discount our need to check in with our interior lives and desires. The problem with this is those inner needs find a way to express their energy when they feel neglected or abandoned. For me, this may end up becoming a food craving, or a burst of anger that seems to come from nowhere.

What to do? How can you check in with the interior world that inhabits you and still have time to meet all of the other demands on your time? Here is one fun and easy way to do this. I call it:

“The two second self-portrait” (based on the work of art therapist, Robert Alt)

1. Get yourself a pad of drawing paper, or sketch book, a sharpened pencil, some crayons, or oil or chalk pastels, and a mirror that can stand on your drawing table. (Or try doing this on your dresser in front of the mirror).
2. Sit so that you can see your face clearly, with the paper in front of you. Place your pencil in your non dominant hand.
3. Pick a place on your face to begin. such as an eyebrow, or ear, etc. Remember where you are going to start.
4. There are two important rules: You will be drawing your entire face, and head, without lifting up the pencil. You will look only at the mirror (not at the paper) until you are done.
5. Begin drawing your face with your non-dominant hand only. Remember to look only at the mirror and not to lift up your pencil.
6. The whole process should only take a few minutes.
7. When you are done, and only then, look down at the paper.
8. Are you surprised??
9. Feel free to fill in the drawing with color using your pastels, crayons, or colored pencils.
10. When you are finished you can dialogue with your portrait. Write the answers it gives you on the portrait or in your journal:
  - a. Ask it “Who are you?” and let it answer using “I am one who....”
  - b. Ask the portrait: “What is your gift or wisdom for me?” and let it answer, ‘My wisdom for you today is....”
  - c. Ask it: “What do you need from me today?”....and let it answer, “I need you to...”
11. Now notice what you are feeling, and if you learned anything you did not know about your Self at this moment. Try doing this every day for a week and notice how the portraits change each day...no two will be the same!