



*'Therapeutic writing and drawing can become a way of life for children. A regular practice for staying centred in the face of life challenges, and the winds of change.'* (Lucia Capacchione)

## Creative Journal Exercise:

### 'HOW I WAS RAISED'

1. With your **dominant** hand write or draw some of the rules and routines of your family when you were young.
2. With your **non dominant** hand write or draw how you felt about those routines.
3. With your **dominant** hand write what family values are still important to you now.
4. Imagine you could talk frankly and honestly with your family today. With your **non dominant** hand write what you would like to say to members of your family now:
  - a. About the values you still hold;
  - b. About what you felt was unfair and wanted to change.
5. With your **dominant** hand write or draw what is 'my kind of parent' – reflect on what you consider the best of all parenting models.
6. Write with your **dominant** hand any insights or unusual responses you had while doing this exercise. Are there any changes you might make in your life as a result?
7. Share the highlights with someone with reflective listening.