



'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)

Reflective listening to yourself

Listen reflectively to your own inner voice to find out what is going on inside you. What are the thoughts and feelings you are having? Allow yourself to air them fully and listen to what you are saying with the same care and respect you would give to another person you were helping.

Inner family

Most people recognise that they are made up of differing parts or aspects. It is almost like having an internal family. All these parts have needs (perhaps one part wants challenge and another part wants comfort) and, if these needs aren't met, they will act up just like members of a real family do.

Use your detached part to help identify them and get their needs met. Quite often it is only one or two parts which cause you real problems. These are the ones that feel you never meet their needs, which are usually to do with needing love, rest or fun.

Higher self or guardian

Some people develop a part of themselves who acts as an all-wise, all-knowing being who can be called on at times of trouble to give help and support. We all have an older and wiser part inside ourselves, one that understands us and knows what we need to be doing. We may recognise this being as ourself or the part may be seen as a person completely separate from ourselves. In whatever way this part is imagined it can be a very powerful ally to contact when your reserves are low.

Listen to your body

Our bodies continually send us messages which we don't listen to until they get so loud that we become ill. When we get tired a lot or constantly have head-aches, for instance, our bodies are telling us that we are putting ourselves under too much strain. Usually it is mental or emotional stress that causes these kinds of symptoms. What is happening in your body is a barometer for what is happening in your mind. Your body needs loving and caring for in just the same way as a young child does. It isn't just a machine that gets you about. Listen to its needs, for they are your own.



CREATIVE JOURNAL EXERCISES

(From books on Creative Journal by Lucia Capacchione):

1. Address a part of your inner family, higher self or body that seems to want to attract your attention and ask it how you can help.
 - a. Write your question with your dominant hand.
2. Let that part answer using your non dominant hand (the one you don't usually write with).
 - a. Write or draw the answer.
3. With your dominant hand, reflect back what has been drawn or written in order to acknowledge the message, asking what further help is needed.