



*'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)

## SUPPRESSING FEELINGS:

### SELF LISTENING

What happens when we don't listen to but suppress feelings?

*"I never even used to know what was going on inside me physically! I would keep working around the house or rushing around after the family until I dropped. All those little warning signs other people get, like tiredness, headaches, aching joints or muscles - I'd never feel them. Then suddenly my body would collapse in a heap and the doctor would come and announce I'd got some dreaded bug and had to stay in bed for days. I'm sure it all started as a child when I was always told to ignore my feelings and aches and pains and was shouted at for mentioning them".*

### Journal exercise:

This is a way of finding out where you feel feelings in your body, and what information they might have once they are given a chance to be expressed.

1. Draw and write with your non dominant hand how you feel at this moment, showing where in your body you sense the feeling is located.
2. Look at your drawing and write what you see.
3. Ask this feeling/body part what it is trying to tell you. Reply with your non dominant hand.