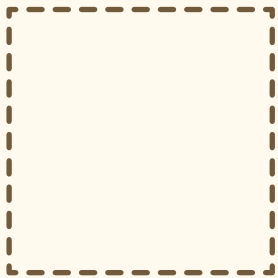


Art Therapy



The Art Therapy Postcard Activity is a creative therapy exercise often used in art therapy sessions. It involves the creation of a postcard-sized piece of art, typically on a small piece of cardstock or paper, that serves as a means of self expression, reflection, and communication. This art therapy postcard worksheet is great for expressing or recognizing hurts and regrets and will help answer the question, "What would I say to someone if I didn't have to say it to their face?"

Directions: Reflect on a situation or person that made you feel angry, frustrated, upset, or sad about. Think about how this person or situation made you feel, and what you'd like them to know about the experience.



DEAR



FROM:

TO:

YOU MADE
ME FEEL:



Art Therapy

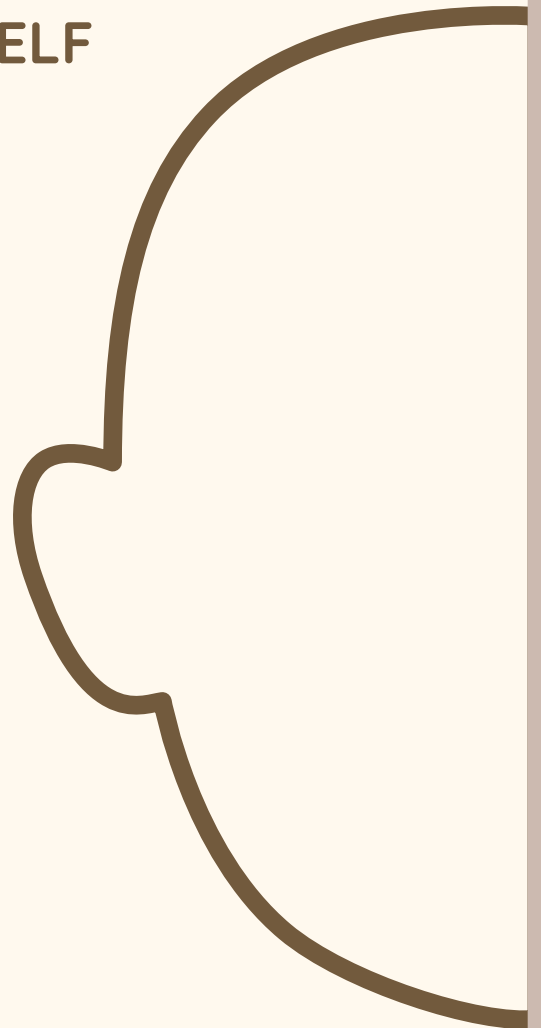
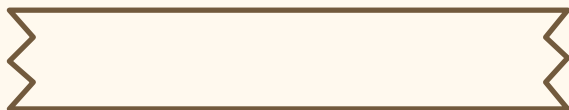
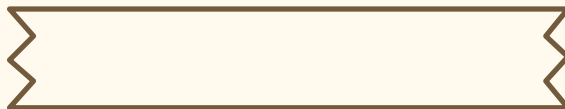
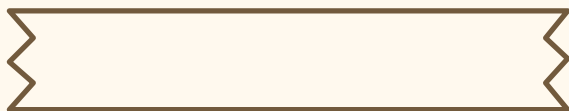
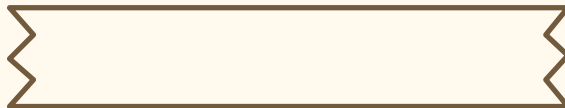
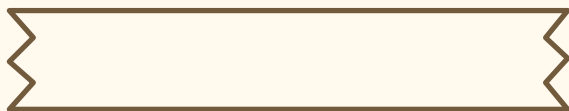
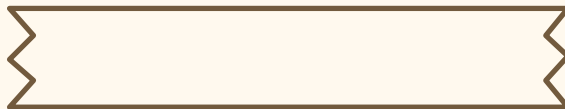
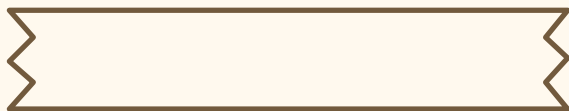


The "Past vs Present Self-Portrait Worksheet" is a therapeutic art activity used in art therapy to help individuals explore and visually represent the changes, growth, or transformations they have experienced in their lives, particularly in terms of their self-concept and identity.

This exercise includes two self-portraits: one depicting your past self and the other representing your present self. This worksheet will help you reflect on and express how you have evolved over time and can be a powerful tool to help you work on self-identity, self-acceptance, or processing big life changes.

Directions: On page 1, write down things that represent your past self, including: ways of thinking, actions, emotions, fears, beliefs, joys, dreams, etc. Next, use colors, illustrations, and symbols to decorate your past self.

ABOUT MY PAST SELF



Art Therapy

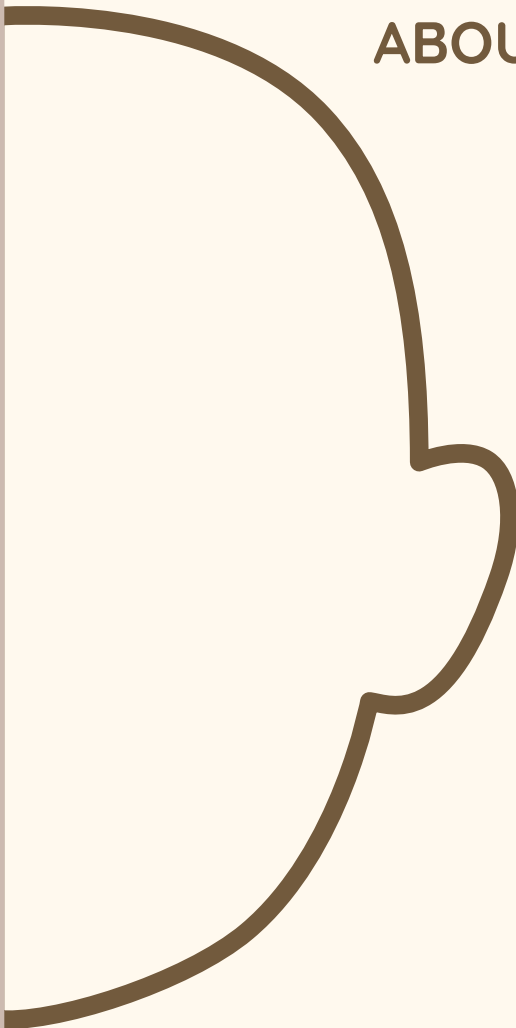


Exploring one's current self using creative processes and artistic expression to examine and represent one's current emotional state, thoughts, feelings, and self-identity. This activity will allow you to visually convey your present experiences and inner world through various art mediums.

This section related to the current self will help you explore your current way of thinking, new beliefs you hold, how you act now, how you manage emotions now, things you're afraid of, what you dream about now, and any other ways of being you currently hold now.

Directions: On page 2, write down things that represent your current self, including: ways of thinking, actions, emotions, fears, beliefs, joys, dreams, etc. Next, use colors, illustrations, and symbols to decorate your past self.

ABOUT MY CURRENT SELF



Eight horizontal rectangular boxes with decorative, jagged ends, arranged in a staggered pattern for writing or drawing.

Art Therapy



Directions: Place pages 1 and 2 next to each other (if you printed these sheets out) and compare your past and present self. Answer the following questions.

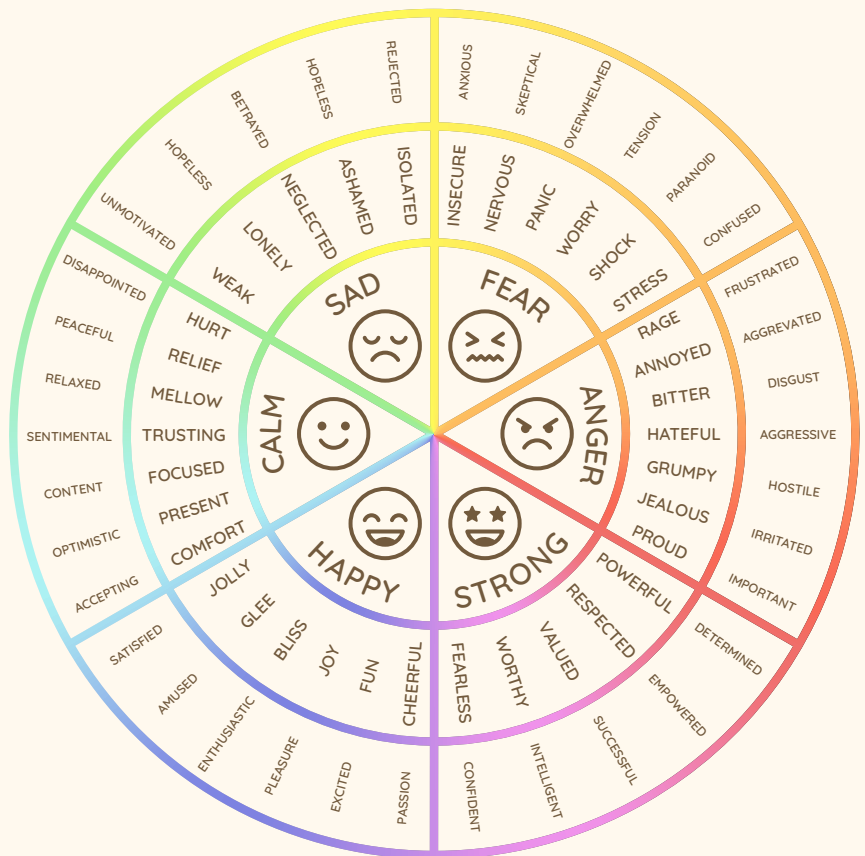
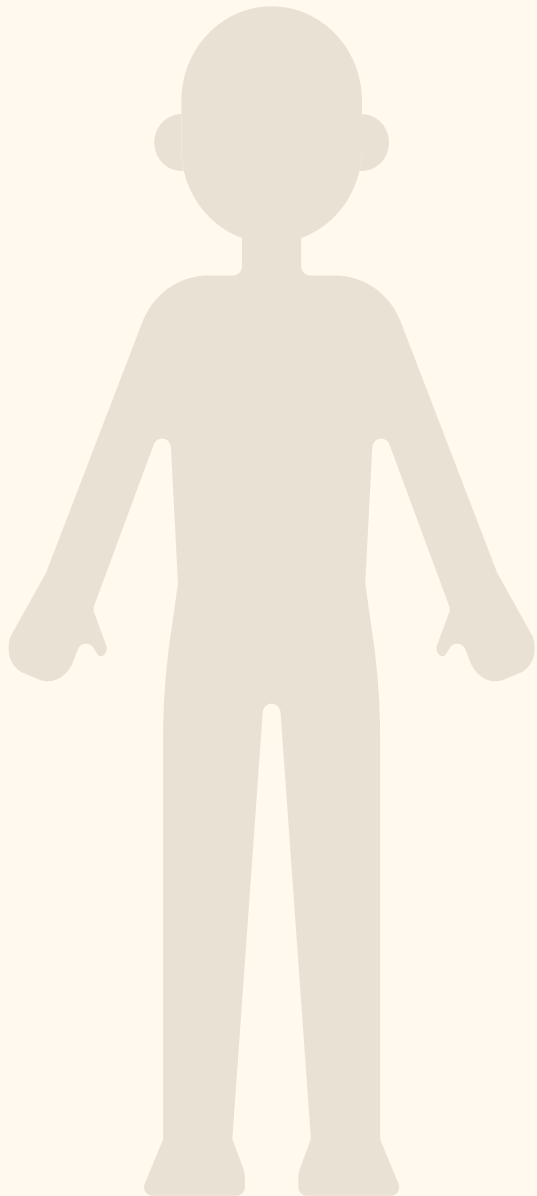
| | |
|--|--|
| How different is your past self from your current self? | |
| Does your past self reflect your current self, or have you changed? Write down any similarities you see. | |
| Does your past self reflect your current self, or have you changed? Write down any differences you see. | |
| What would you change (add or subtract) about your current self? | |
| What are you happy that you have changed about your past self? | |

Art Therapy



The How I Feel Today Worksheet is a common therapeutic tool used in art therapy and counseling to help individuals express and communicate their current emotional states visually. It encourages individuals to explore and reflect on their feelings in the moment, providing a creative outlet for self-expression.

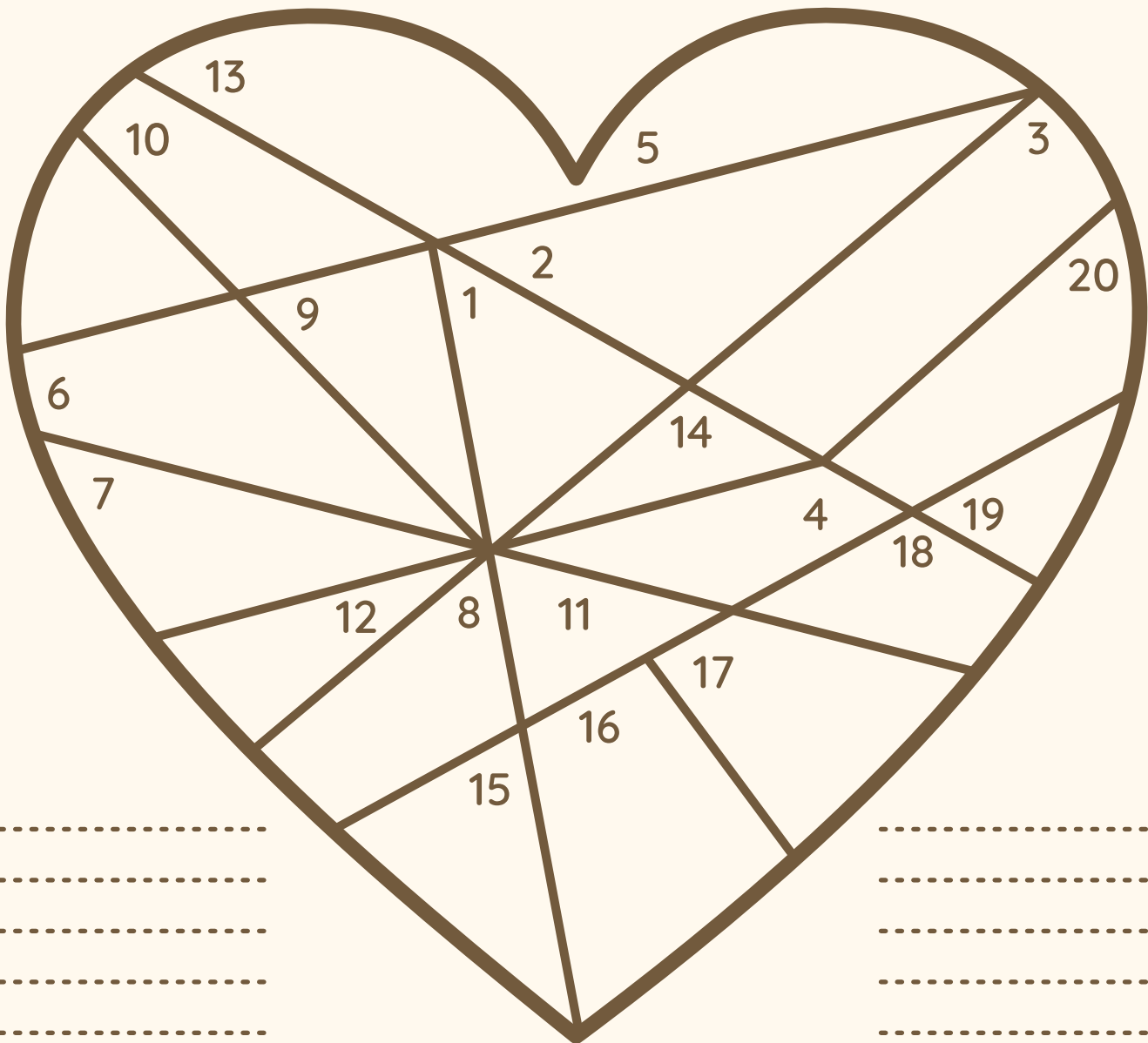
Directions: Choose colors that reflect each emotion below. Next, color parts of the human drawing where you feel each emotion. You can leave areas blank, or not use certain emotions if you aren't feeling them today.



Art Therapy



Directions: Fill each space with a color that represents a person, place, or thing you cherish and appreciate. Let your heart embrace all the little and significant aspects of your life.



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20

Art Therapy



ROSE, BUD, THORN

Rose: Share a recent positive experience, an accomplishment, that makes you proud, or a success you've achieved.

Bud: An idea you're excited about or a new opportunity you wish to investigate.

Thorn: A challenge you're currently encountering or an area where you require assistance.



Art Therapy



SAVOR A CUP OF POSITIVI-TEA



MY LIFE IS
WHAT I MAKE IT



I WILL KEEP BEING THE
BEST VERSION OF MYSELF



I AM STRONGER THAN WHAT
I GIVE MYSELF CREDIT FOR



I WILL KEEP BEING THE
BEST VERSION OF MYSELF



NOTHING CHANGES IF I KEEP
DOING THE SAME THING

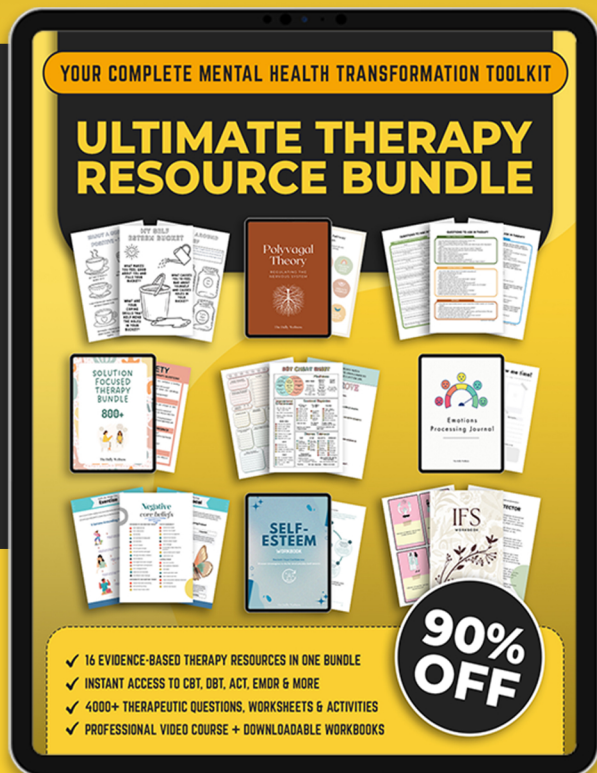


I CHOOSE TO
BE HAPPY

WHAT IF REAL HEALING IS SIMPLER THAN YOU THINK?

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- **Mind-Body Integration Tools:** movement therapy guides & nutritional healing plans
- **Bonus Resources:** Daily coping cards, boundary scripts & crisis management plans

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-  **Heal trauma responses** with gentle, evidence-based techniques
-  **Build emotional resilience** that lasts beyond crisis moments
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