



# ART THERAPY PERSONAL DIARY

Metodo Integrato Marchio-Patti®  
BY ASS. LA CITTÀ DEL SOLE



individual



indoors



30 min



art expression | writing



## MATERIALS

- notebook & pen
- colours (pencils, crayons, chalks)

## PREPARATION

- safe space, where you can avoid interruptions
- (Optional) background music, as long as the music reflects your mood

## PURPOSE

### SELF KNOWLEDGE:

- emotional and behavioural self-assessment
- personal balance; self-efficiency
- understanding yourself

## INTRO

The activity proposed here is an art therapeutic variation of the personal diary, useful to facilitate self development. The diary allows you to provide yourself with both positive and negative feedback, since it is an intrapsychic tool that is very powerful for self-observation.

Writing is an activity that constantly draws awareness and self-reflection that comes from the ability to set a distance from yourself, carry out self-observation and reflect on your own mental states.

The writing task that is proposed in this activity does not start from cognitive reflection, but from an instinctive expression of your mood through drawing, which is followed by gradual awareness.

## 3 STEPS

Every day, for no more than 10 minutes a day, indulge in writing a personal diary with the following steps:

- 1. Colour** - after a brief moment of connection with yourself and with your emotional and physical feelings, without consciously thinking, identify the colour which represents your emotional and physical state of the moment, and colour the diary page with that colour;
- 2. Interpret** - answer the question „Today I see this colour as ...“; trying to follow the flow of non-linear thoughts elicited by the colour (this phase is still very instinctive so the consequent images may appear unrelated to the experience of the day);
- 3. Draw** - close your eyes and imagine a drawn gesture or representation that could express the set of thoughts, emotions and colour that you have just experienced. Draw the gesture and/or the picture on the sheet you previously coloured.
- 4. Self reflect** - observe the paper on which you have worked and write your thoughts, trying to find connections with your daily life, memories that come up, and possible cognitive and/or emotional insights emerging
- 5. At the end of every month**, take time to browse the journal and „listen“ to what it tells you, identifying patterns, changes but also the recurrences. After this observation, write the new understanding that you have come to from them.



## REFLECTION

- How was it for you to complete this activity?
- How do you think this activity supports your resilience building?

## COMMENTS

- Writing about yourself in a diary allows you to reflect on daily and/or occasional events that characterise your life, and emotional and behavioural reactions you have when responding to such events. In addition, it is useful to understand what are the possible factors, both external and internal, that may block your personal development.
- Allow yourself to use a protected space in which to write and the time to do it, avoiding interruptions as much as possible (e.g.: turn off your phone, the television, etc.).

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