

Art Therapy Journal for Adults

*Step-by-Step Guided Exercises
for Stress Relief, Emotional Healing
and Self-Expression*

By Helen Krym

Disclaimer

This journal is intended as a resource for self-reflection and creative exploration and is not a substitute for professional psychological advice, diagnosis, or treatment. If you are experiencing distress or have mental health concerns, please seek assistance from a qualified mental health professional.

The author has made every effort to ensure the exercises and information provided are safe and effective; however, you should use this journal at your discretion. The author assumes no responsibility for any adverse outcomes resulting from applying the ideas and exercises within this journal.

If you are under the care of a therapist or medical professional, consult them before engaging with the activities or suggestions provided in this journal.

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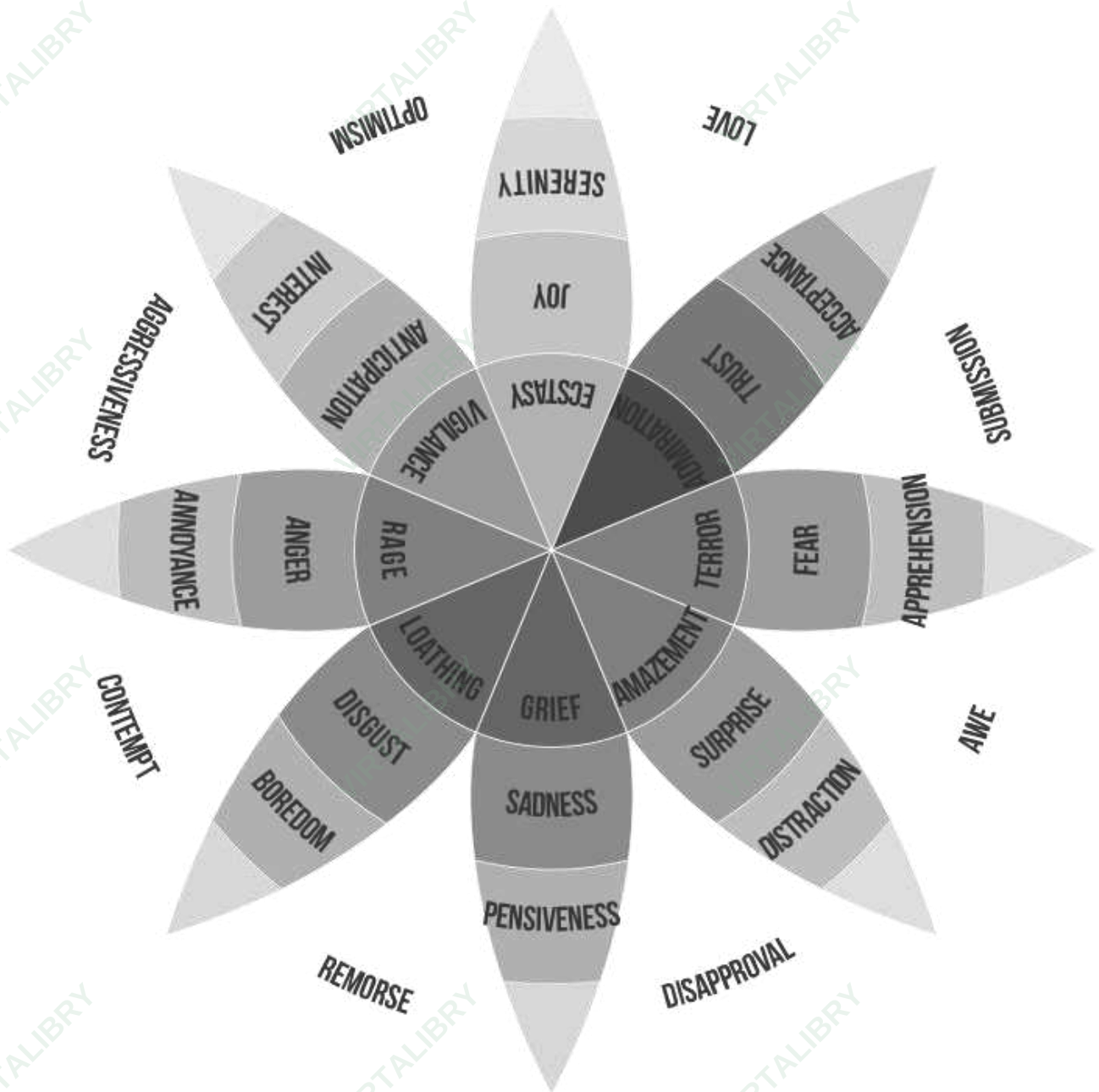
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Plutchik's Emotion Wheel



Understanding the Levels of Emotions

The flower, "Plutchik's Wheel of Emotions," is intentionally black and white. Your inner subconscious will tell you what color you associate with a particular emotion. Different cultures and religions have distinct associations with colors. Your inner state also affects the perception of color.

The eight core emotions form the center of the flower, while each petal represents different intensities of those emotions.

Primary emotions are found in the second circle and are the eight basic core emotions identified by Plutchik: joy, fear, surprise, anger, trust, sadness, disgust, and anticipation. All other emotions build from these.

Secondary emotions: Located in the outer ring, they are less intense versions of the primary emotions, like how apprehension is a milder form of fear.

Tertiary emotions are more intense in the innermost layer, such as terror, a more robust version of fear.

According to Robert Plutchik, emotions can be combined and layered, which is why the wheel is such a powerful tool for awareness. Examples of primary emotions and their related types:

Sadness: grief + pensiveness

Anger: rage + annoyance

Disgust: loathing + boredom

Anticipation: vigilance + interest

Joy: ecstasy + serenity

Fear: terror + apprehension

Trust: admiration + acceptance

Surprise: amazement + distraction

Emotion wheel Plutchik: How to use

Check-in on your feelings: Use the wheel to identify which primary emotion fits your current state, starting with one of the eight core emotions and then narrowing down.

Communicate your emotions: Share your identified emotions with someone you trust to express and better understand them. This helps develop coping strategies and strengthens relationships.

Take action: Knowing your emotions and their reasons helps you respond thoughtfully and avoid reactive behavior.

In daily life, you naturally use these distinctions to express feelings. For example, if someone says, "You must be unfortunate," and you reply, "I'm just disappointed," you show that your feeling isn't as intense as sadness but is related to it — showing the nuances of the emotion wheel.

Benefits of the Emotion Wheel

Self-awareness: helps you identify your feelings and understand why you feel the way you do.

Self-regulation is the first step to managing your emotions and the ability to be emotionally balanced.

Better communication: You express your emotions more accurately and know how to choose the right words when communicating with others.

Increased Empathy: Helps you better understand the feelings of others.

Conflict management: Allows you to pause, understand why emotions are intense, and resolve conflicts more calmly.

Healthier relationships: Better communication and empathy lead to stronger, healthier relationships.

Pattern recognition: Using the wheel regularly helps you notice emotional trends. If your emotions are primarily negative, it might be time to seek professional support.

Let's go (how to make your therapy effective)

When we feel stressed, it's often hard to understand ourselves. Emotions overlap, thoughts get tangled, and clarity seems far away. This art therapy journal is your safe space to release tension, gather strength, make discoveries, and express yourself through creativity.

What you need: only this journal and colored pencils. If you prefer pens, markers, or crayons, use them too.

How to begin: find a quiet place where no one will interrupt you – your room, a library corner, even a park bench. Set aside 15–30 minutes just for yourself. Sit comfortably, close your eyes, breathe deeply, and tell yourself: “Now I’m taking time for myself and my emotions.” You are not creating a masterpiece. You are meeting yourself honestly.

Feel free to use any colors, shapes, or patterns. There are no right or wrong answers – only your feelings and your expression. After each exercise, take a moment to reflect. This will help you notice inner changes and understand what is happening with your emotions.

Inside the journal you will also find the Wheel of Emotions, developed by American psychologist Robert Plutchik, to help you explore and name your feelings more clearly. Many people have found it to be a powerful tool in their healing journey.

In addition to the ***daily practices***, I have included four ***special “Grand Days”*** at the end of the journal. They help you see your growth in key areas – emotions, personal resources, inner safety, and self-identity. These final reflections will show how far you’ve come and where you want to go next.

If you want to keep your work, place your pages where you can see them for daily inspiration. If you need to let go of negative emotions, tear your drawing into small pieces and throw it away.

Now it's time to begin. Take your journal, choose a task, and give yourself permission to feel and create. This is your journey toward healing and self-discovery.

Day 1· Wheel of Emotions

The Wheel of Emotions is a tool for self-awareness. By mapping your feelings visually, you can observe how emotions appear in your daily life and how they influence your inner balance. This practice helps you recognize, accept, and manage your emotional states

How to Practice

- Title your wheel with the statement:

"I am _____ · I am the Author of My Emotions·"

- Identify the emotions you experience most often and list them.
- Draw a circle and divide it into sections representing your emotions. The size of each section shows their intensity or frequency.
- Represent each emotion with symbols, shapes, or marks of your choice.
- Complete your wheel and observe how emotions are distributed.

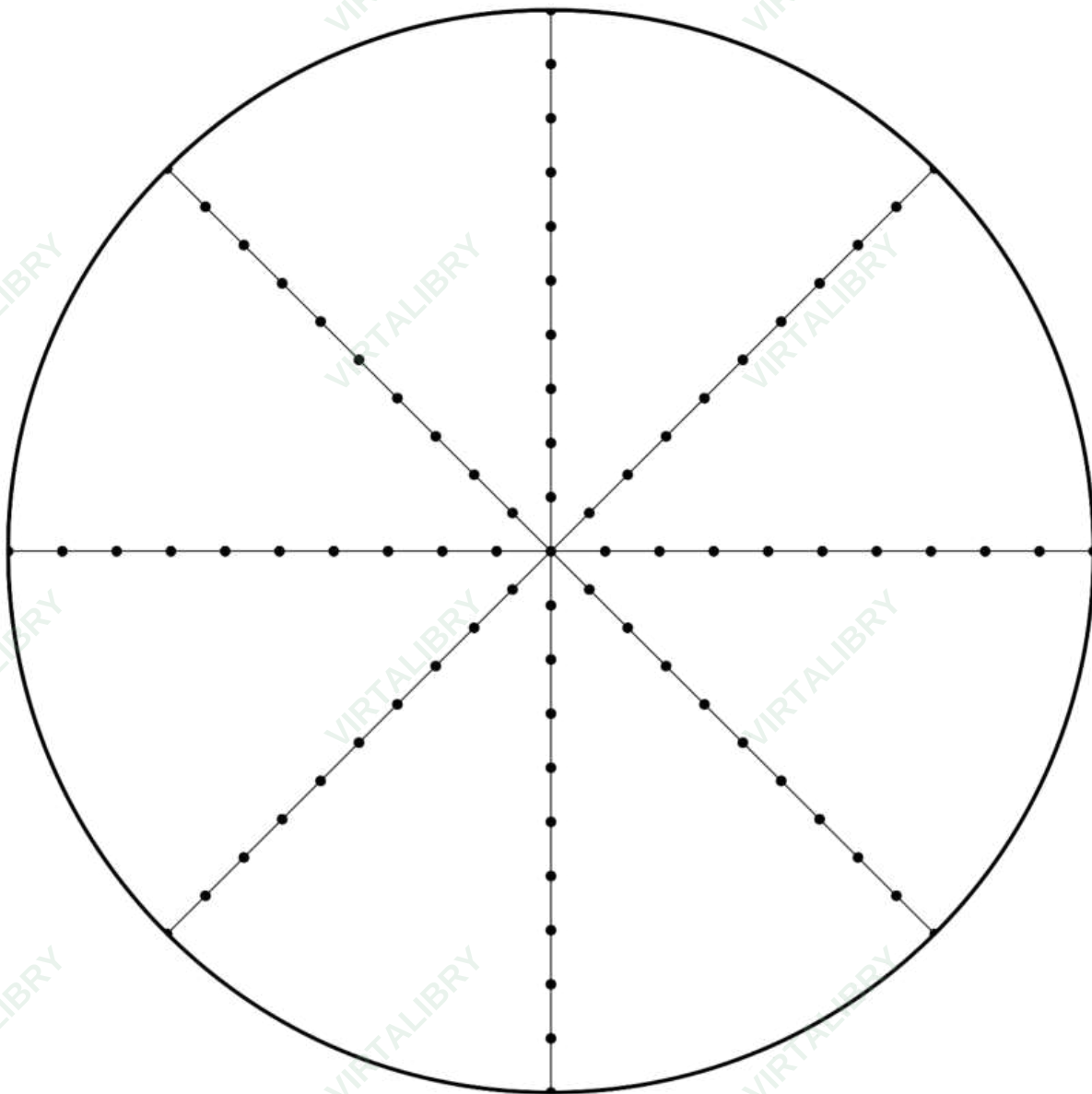
Reflections Questions:

- What does your wheel reveal about your emotional life?
- Which emotions take the most space, and which the least?
- Did you leave out any emotions that matter to you?
- How does the balance reflect your daily experiences?

Why This Matters:

Visualizing emotions creates distance between you and them. Instead of being overwhelmed, you begin to observe them — the first step to emotional mastery.

Blank lined paper for writing.



Day 2· Paint your Emotion

This exercise invites you to translate your inner emotional state into abstract or symbolic art. It helps you access feelings that may not be easy to put into words.

How to Practice:

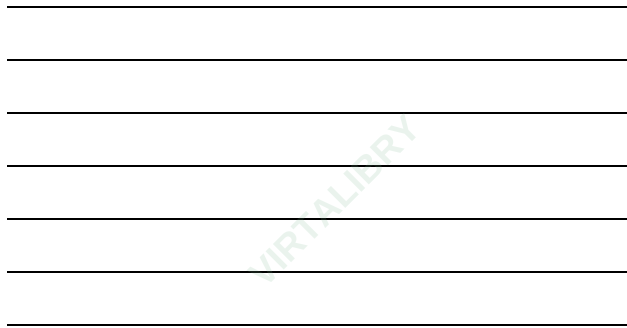
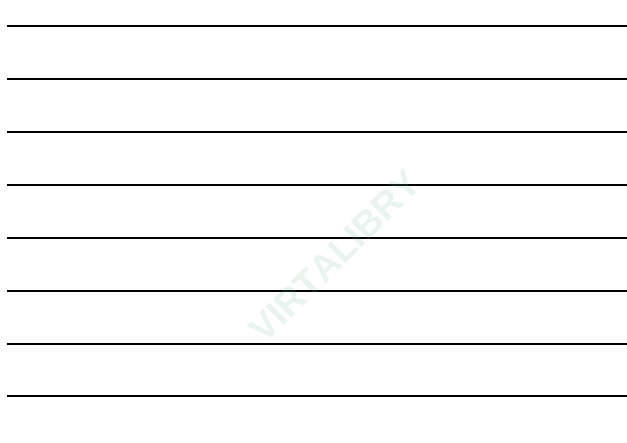
- Pause and notice what emotions are present in you right now.
- Choose a way to express them through shapes, textures, or abstract forms.
- Allow your hand to move freely, letting the drawing reflect your emotions without judgment.
- Stay with the process until you feel the drawing captures your current inner state.

Reflections Questions:

- What emotions did your drawing reveal to you?
- Was the process calming, energizing, or surprising?
- Do you notice a shift in your mood after completing the drawing?

Why This Matters:

This exercise helps you access emotions directly and release them through creativity. Keep your artwork in the journal as a record of your inner journey.



Day 3· Create a Secret Postcard

This practice allows you to express feelings you may have never shared. Transform them into a symbolic message through art.

How to Practice:

- Think of a feeling or thought you have kept hidden.
- Write it on a 'postcard' page in your journal, using as few words as possible.
- Add symbolic images, designs, or marks to capture the essence of this hidden feeling.
- If you wish, imagine sending it anonymously — releasing it from within you.

Reflection Questions:

- How did it feel to put this secret into words and images?
- Did the act of creating make the emotion lighter or more intense?
- What does this say about your need for expression and release?

Why This Matters:

Acknowledging unspoken feelings helps release tension and creates emotional freedom. Your postcard becomes a safe container for what was once hidden.

"I'M AFRAID OF BEING TRULY
SEEN."

"I MISS WHO I USED TO BE."

"I'M TIRED OF HIDING MY
PAIN."

"I FORGAVE YOU, BUT I CAN'T
FORGET."

"I LONG FOR SOMEONE TO
TRULY UNDERSTAND ME."

"I 'M STILL ANGRY AT MYSELF
FOR LETTING IT HAPPEN."

"I 'M SCARED I'LL NEVER BE
ENOUGH."

"I FEEL TRAPPED IN MY OWN
EXPECTATIONS."

"I ADMIRE YOU, BUT I'LL NEVER
SAY IT OUT LOUD."

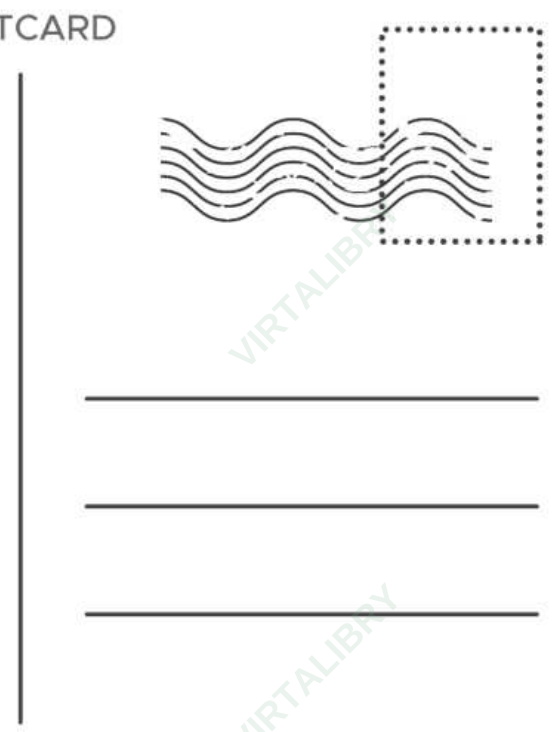
"I 'M SAD, BUT I CAN'T EXPLAIN
WHY."

"I 'M STILL WAITING FOR
CLOSURE THAT WON'T COME."

"I STILL FEEL THE STING OF
YOUR BETRAYAL."

Day 3· Create a Secret Postcard

POSTCARD



The postcard template is divided into two main sections by a vertical line. The left section is for the message, and the right section is for the address. The right section includes a wavy line representing a postage stamp and a dashed rectangular box for the address. Below the stamp area are three horizontal lines for a message.

Day 4• Square Mandala of Dream

The mandala is a symbol of wholeness. This exercise uses a square frame to explore balance, direction, and the dreams within you.

How to Practice:

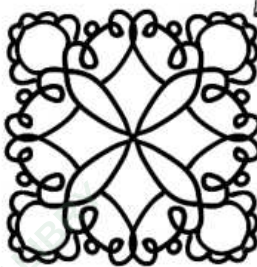
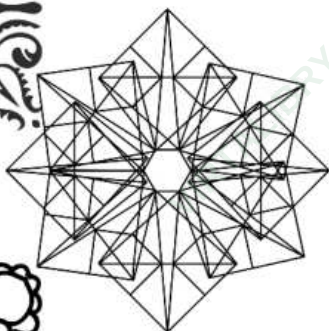
- Draw a square and divide it into sections as you wish — triangles, smaller squares, or freeform shapes.
- Let your imagination guide what to place in the center — a symbol, a memory, or a dream.
- Expand outward, filling each section with designs, symbols, or patterns that feel meaningful.
- Notice how your mandala develops symmetry or contrast.

Reflection Questions:

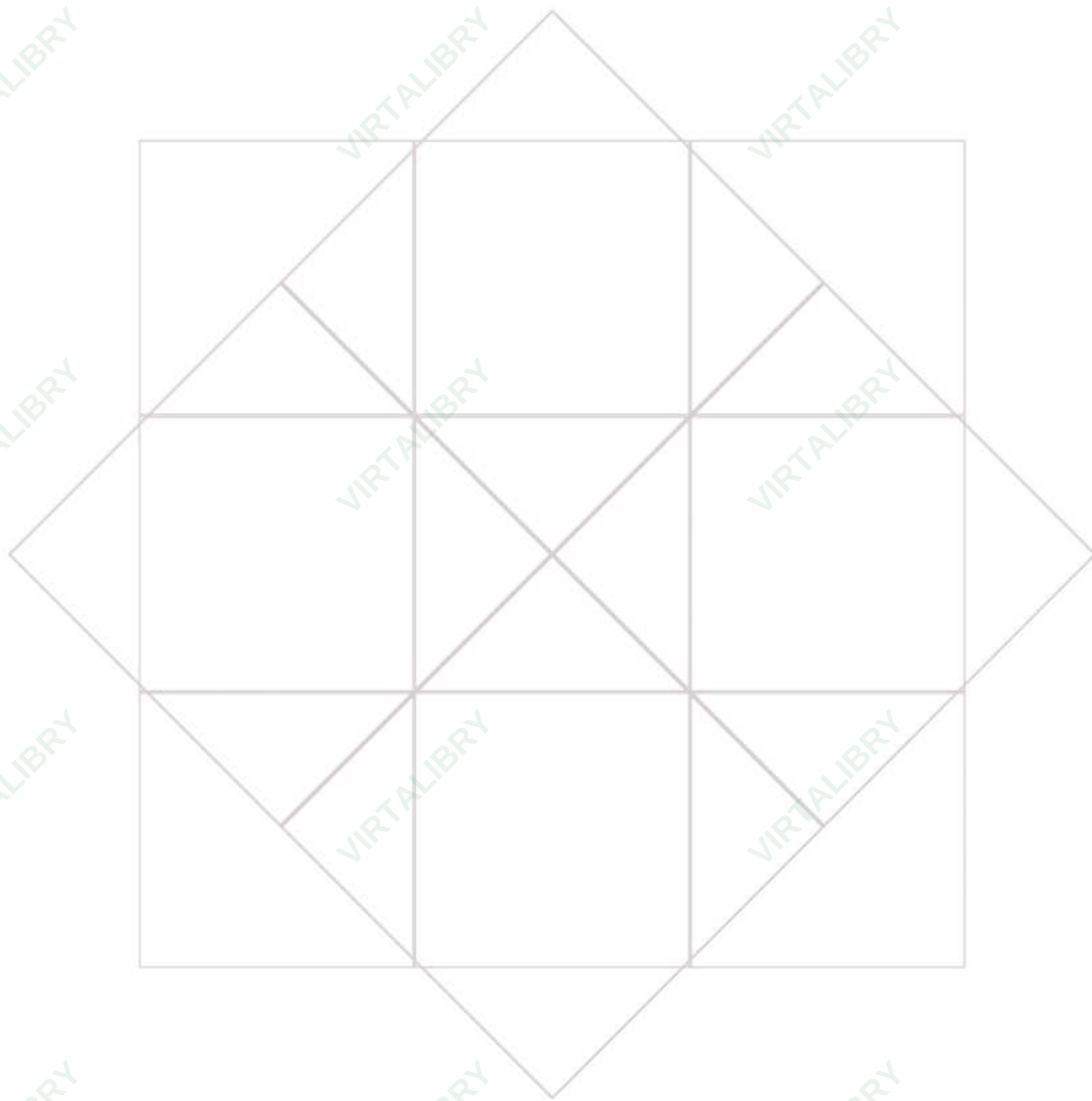
- What did you choose to place in the center?
- What feelings or insights arise from the overall design?
- How does this square mandala reflect your inner world?

Why This Matters:

Mandala-making encourages balance and self-reflection. Your dream mandala represents both your current state and your aspirations.



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Day 5• Line Art

Lines are one of the simplest and most powerful tools for self-expression. This exercise helps you connect with your emotions through shapes and movement, turning inner tension into creative flow.

How to Practice:

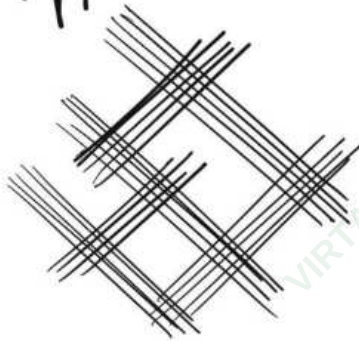
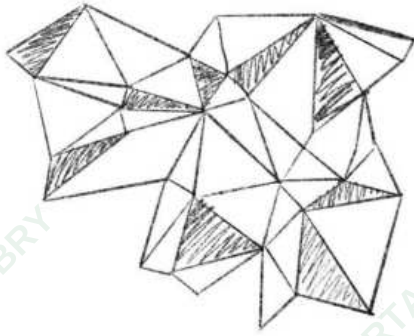
- Pause and check in with how you feel right now.
- Take pens, pencils, or markers of your choice.
- Experiment with different types of lines — flowing, sharp, repetitive, chaotic, or structured.
- Let your lines build into patterns, shapes, or abstract designs that mirror your state of mind.
- Lines and shapes that appeal to you are the symbols of your creative language, the language of your emotions. Some bring you to a calm, meditative state; some can unlock and release negative energy.
- Continue until the page feels complete.

Reflection Questions:

- What kind of energy do your lines express?
- Did you notice a change in your mood or stress level while drawing?
- Do certain shapes or patterns repeat — and what might they mean for you?

Why This Matters:

Line art allows you to release emotions in a direct and physical way. Through simple strokes, you create a visual language of your inner state. Capture your insights in your journal to see how your “line energy” shifts over time.



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Day 6· Kindred Spirit

Animals often symbolize qualities we admire, fear, or carry within ourselves. This exercise helps you explore your identity through the traits of animals that resonate with you.

How to Practice:

- Think of five animals that attract or interest you.
- Learn a little about their qualities if needed.
- Draw yourself as these animals — either separately or combined.
- Use any creative method: symbolic sketches, abstract forms, or detailed illustrations.

Reflection Questions:

- Why did you choose these animals in particular?
- What qualities in them do you recognize in yourself?
- Are there traits you would like to strengthen, or perhaps transform?

Why This Matters:

By identifying with animals, you access archetypal energies — strength, playfulness, wisdom, resilience. This expands your self-understanding and opens new perspectives on your growth. Record your observations in your journal for future reflection.



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Day 7. Mountains Happy and a Valley Sad

Life is full of highs and lows. This exercise helps you reflect on your happiest and most difficult moments and see the meaning they bring to your journey.

How to Practice:

- Draw a valley with mountains on each side.
- Let the mountains represent your joyful, uplifting experiences.
- Let the valley represent a difficult or sad time.
- Add symbols or images of specific events to each area.

Reflection Questions:

- Which memories did you place in the valley and on the mountains?
- Was it easier to recall happy or sad moments? Why?
- If you imagine a bridge over the valley, what does it symbolize for you?
- What lessons did the low point teach you that shaped who you are now?

Why This Matters:

By honoring both joys and struggles, you give meaning to your story. This practice shows that even challenges contribute to your growth. Note in your journal what wisdom you carry from your valley and your peaks.

Day 8. What is Inside Your Heart?

Your heart holds many emotions at once. This exercise helps you recognize and honor the variety of feelings living within you.

How to Practice:

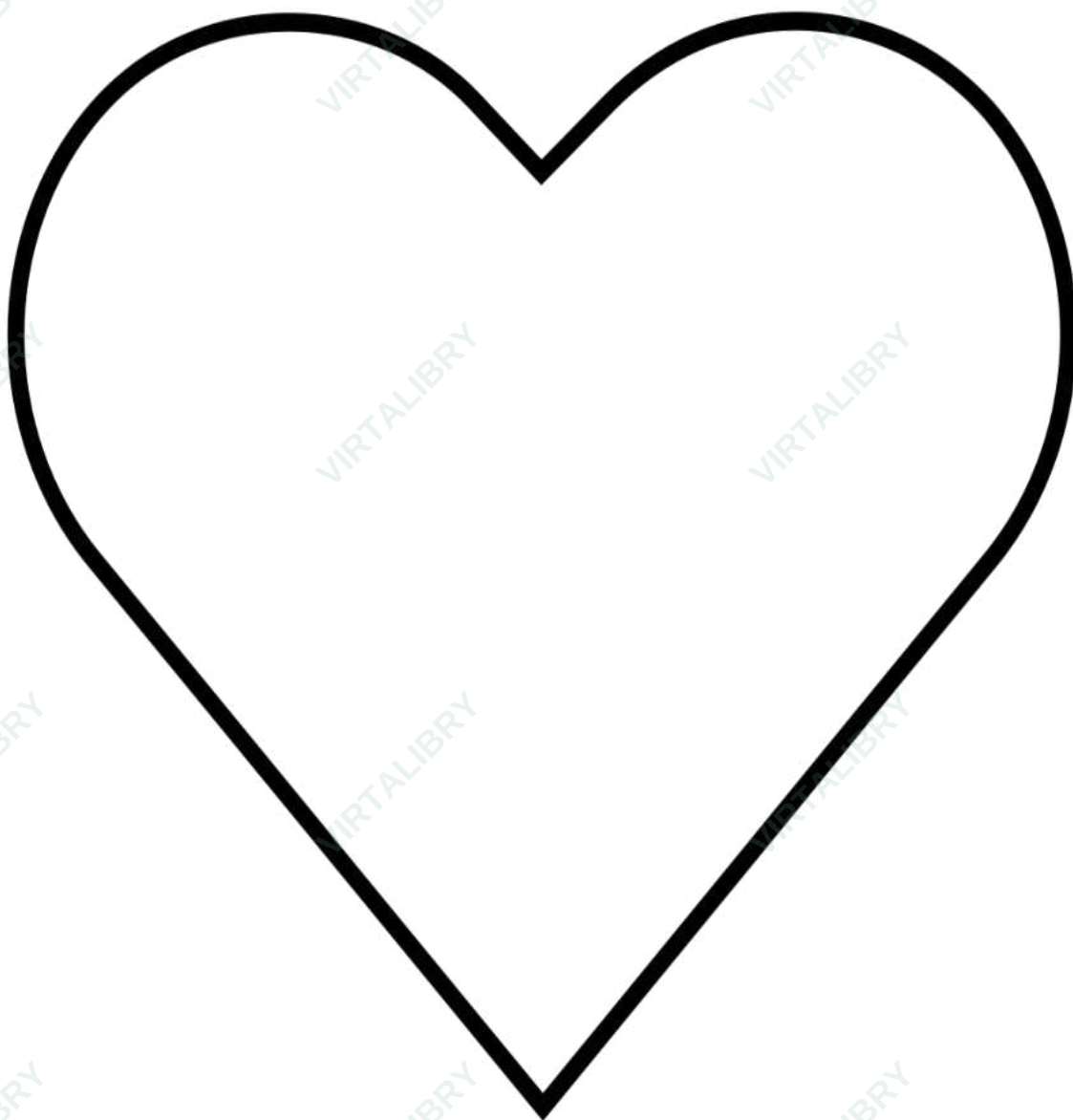
- Make a list of emotions you feel right now — both uplifting and difficult.
- Draw the outline of a heart.
- Divide the heart into sections, each representing one emotion.
- You can use a doodle or line that is associated with different emotions.
- You can use a combination of colors and lines associated with different emotions.
- Adjust the size of each section according to how strongly you feel that emotion.

Reflection Questions:

- What do you notice about the balance of emotions in your heart?
- Which feelings take up the most space, and which are small but present?
- Does this picture surprise you in any way?

Why This Matters:

Seeing your emotions inside a symbolic heart makes them more visible and real. This awareness helps you accept your inner world with compassion. Write a short reflection in your journal about what your heart revealed today.



Day 9• Funny scribble

Playful doodling can unlock creativity and reveal hidden emotions. By allowing yourself to make spontaneous marks, you connect with your unconscious and discover new ways of expression.

How to Practice:

- Begin with random lines, shapes, or scribbles on the page.
- Let your hand move intuitively, without planning.
- Transform these scribbles into figures, scenes, or abstract forms.
- Allow humor, playfulness, or surprise to guide you.

Reflection Questions:

- Does your drawing feel funny, sad, or something else?
- What unexpected images emerged from your scribbles?
- Did the process feel freeing or challenging?

Why This Matters:

Scribbling bypasses your inner critic and taps into unconscious material. It frees you to explore symbolic language and archetypes, opening a path to greater self-expression. Write a note in your journal about what surprised you most.



Blank lined paper for writing.

Day 10. Make a Mandala of the Universe

The mandala symbolizes wholeness and reflection. Creating your “Universe Mandala”, helps calm the mind, release tension, and connect with your inner center.

How to Practice:

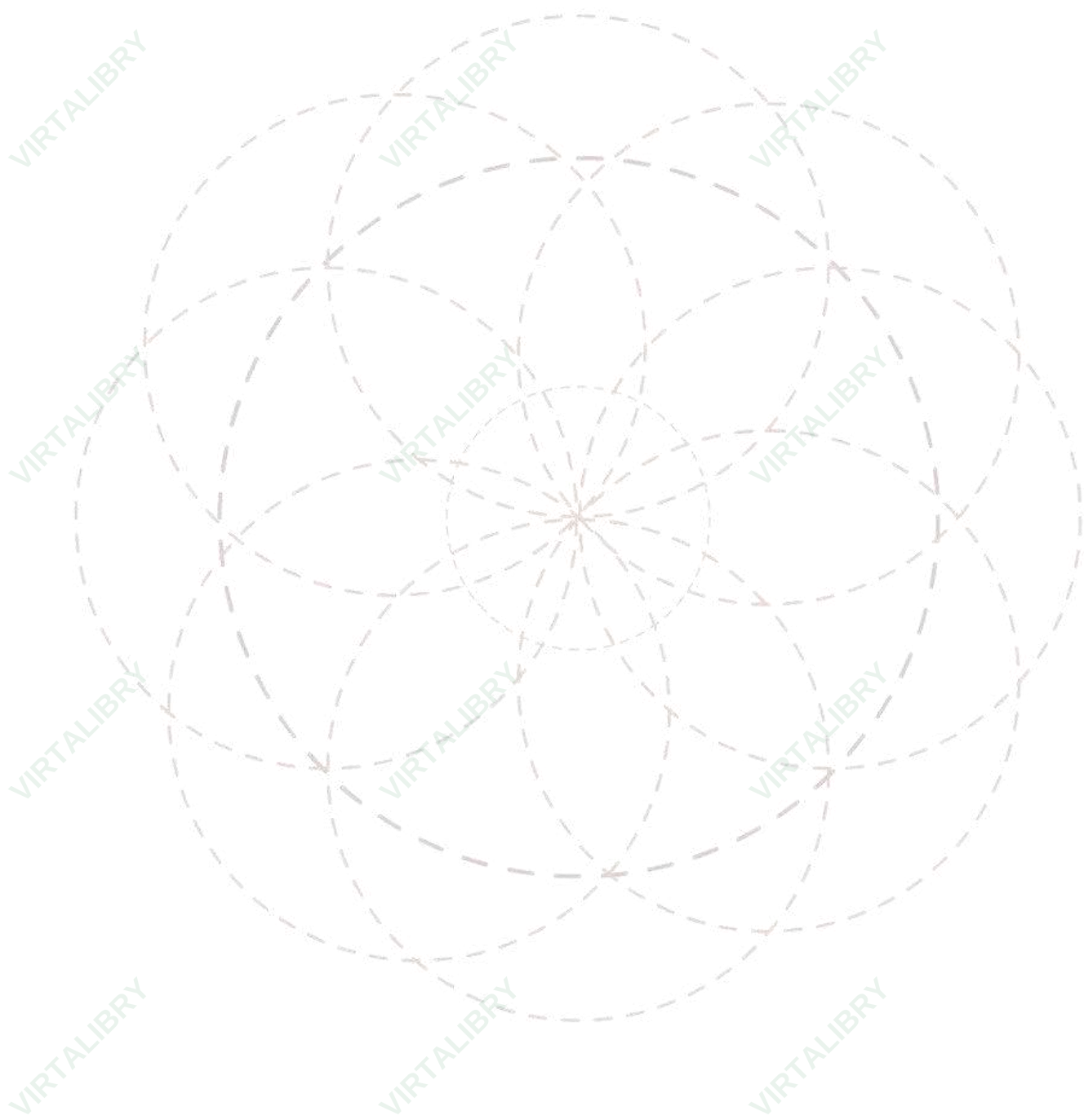
- Draw a large circle to represent your universe.
- Begin at the center and let shapes, patterns, or symbols grow outward.
- Allow your intuition to guide the design — there are no rules.
- When complete, give your mandala a title and today’s date.

Reflection Questions:

- What do the center and outer layers of your mandala represent?
- Do you notice contrasts — smooth vs. jagged, light vs. dark, soft vs. sharp?
- How does your mandala mirror your emotions or current life situation?

Why This Matters:

Creating a mandala is a meditative act. It allows emotions to settle and reveals inner patterns of balance and chaos. Record in your journal how your mandala connects to your current feelings.



Day 11. Calm drawing

This exercise helps you find calm by intentionally choosing forms and tones that soothe you. It's less about "what you draw" and more about how your drawing makes you feel.

How to Practice:

- Pause and recall what calmness feels like for you.
- Choose a few colors, shapes, or forms that feel peaceful.
- Fill the page with a drawing that reflects calmness.
- Stay focused on the sensation of calm as you draw.

Reflection Questions:

- Does your drawing give you a sense of relaxation?
- Would you like to add or change something to deepen the calm?
- What does this drawing teach you about what soothes you?

Why This Matters:

Art can serve as a direct pathway to self-regulation. By consciously creating calm images, you strengthen your ability to restore peace in daily life. Keep this drawing somewhere you can return to when you need comfort.

Color Psychology:

White: Purity, innocence, cleanliness, sense of space, neutrality, mourning (in some cultures/societies)

Black: Authority, power, strength, evil, intelligence, thinning / slimming, death or mourning

Gray: Neutral, timeless, practical

Day 12· It's your Perfect Day

Imagining a perfect day helps you clarify what brings you joy and fulfillment. This practice reminds you of what truly matters in your everyday life.

How to Practice:

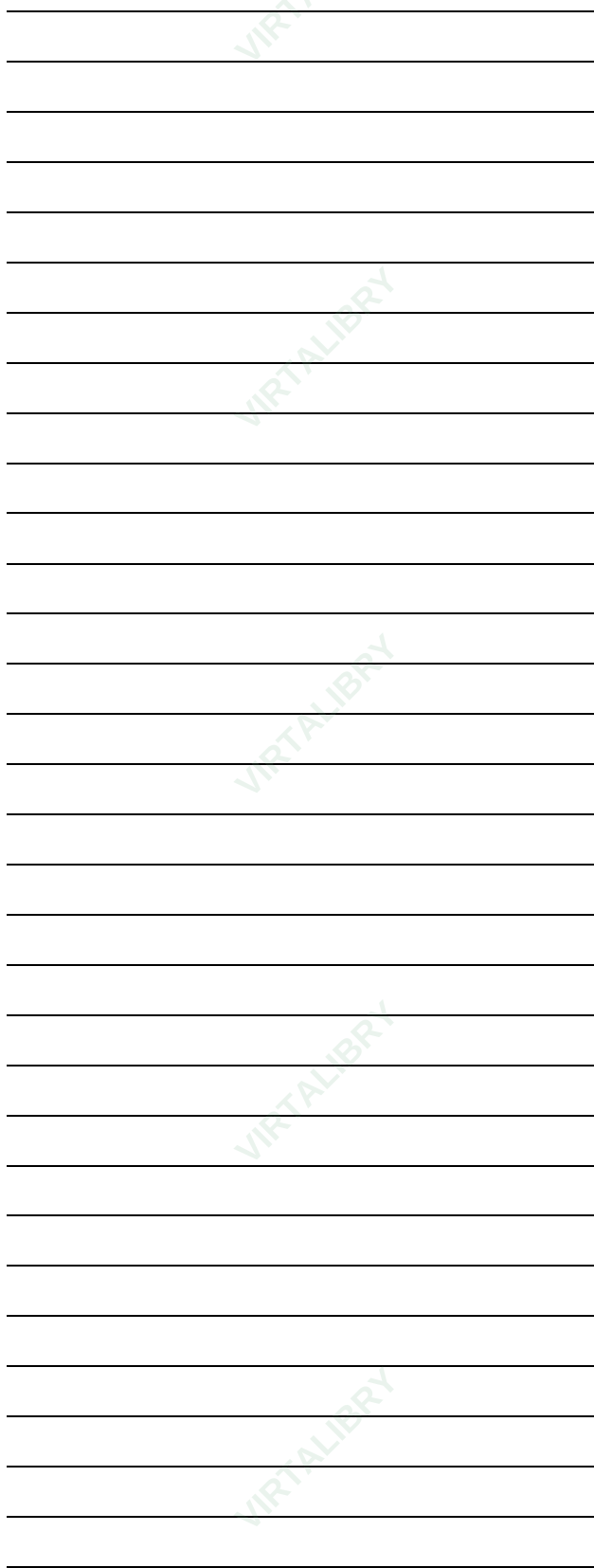
- Think about what would make a day perfect for you — activities, places, people.
- Make a list of these experiences.
- Estimate how much time each would take in your day.
- Choose the most important and draw them as a visual story of your perfect day.

Reflection Questions:

- Which parts of this “perfect day” could you bring into your life today?
- What stops you from doing so?
- How can you include small joys every day?

Why This Matters:

By visualizing your ideal day, you discover your priorities. Small steps toward this vision create a life aligned with your values and desires. Write in your journal one action you can take today.



Day 13· Magic Quote

Words of wisdom can become powerful reminders of strength and hope. This exercise transforms a favorite quote into a piece of personal art.

How to Practice:

- Recall or search for a quote that inspires you.
- Write it down in your journal.
- Create an image or design around the quote that captures its meaning for you.
- Let the words and art become one expression of inspiration.

Reflection Questions:

- How does the quote resonate with your life right now?
- Do you want to keep this artwork in a visible place?
- Are there other quotes that speak to you in this moment?

Why This Matters:

Quotes can anchor us during challenges and remind us of our inner resources. By combining words and images, you create a personal symbol of encouragement. Keep these pages as ongoing sources of strength.

*"Our wounds are often the openings into
the best and most beautiful part of us."*

— David Richo

*"Happiness is not something ready-made.
It comes from your own actions." — Dalai Lama*

*"Don't be pushed around by the fears in
your mind. Be led by the dreams in your heart."*

- Roy T. Bennett

*"You yourself, as much as anybody in the
entire universe, deserve your love and affection."*

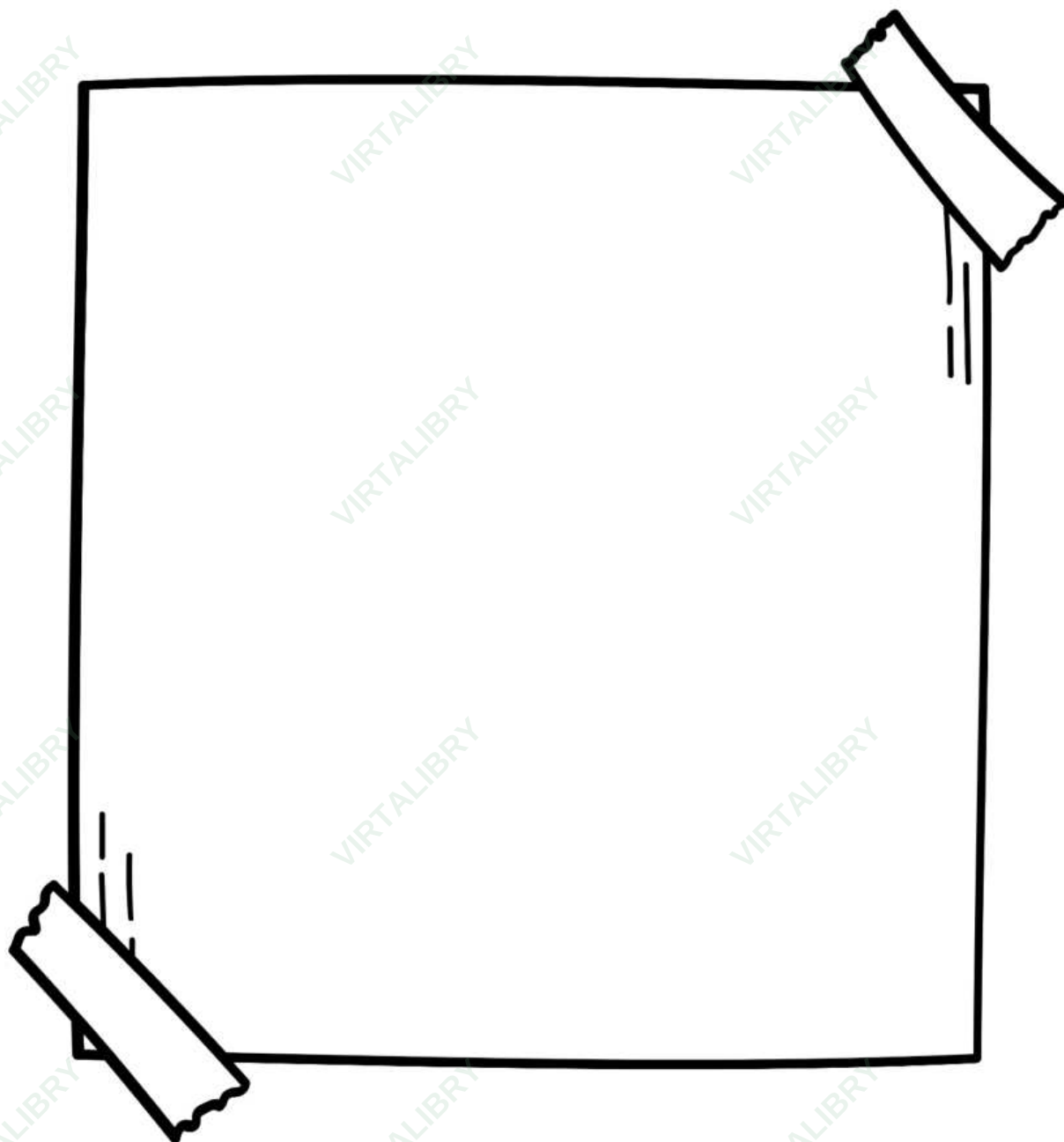
- Buddha

*"Believe in yourself and all that you are.
Now that there is something inside you that is
greater than any obstacle." — Christian D. Larson*

*«Do not fear failure but rather fear not
trying." — Roy T. Bennett*

*"Trust yourself. You know more than you
think you do." — Benjamin Spock*

*It is never too late to be what you might
have been." — George Eliot*



Day 14. Self-portrait "Back to the Future"

This exercise invites you to reflect on your past, present, and desired future self. By creating a transformational self-portrait, you can see how experiences have shaped you and how you want to grow.

How to Practice:

- Divide your page into three parts.
- In the first section, draw your past self — a version of you shaped by a difficult or defining experience.
- In the second section, draw your present self — how you see yourself today, possibly influenced by those past experiences.
- In the third section, draw your future self — the version of you who has grown, healed, and transformed.
- Place the three images together and notice how they connect.

Reflection Questions:

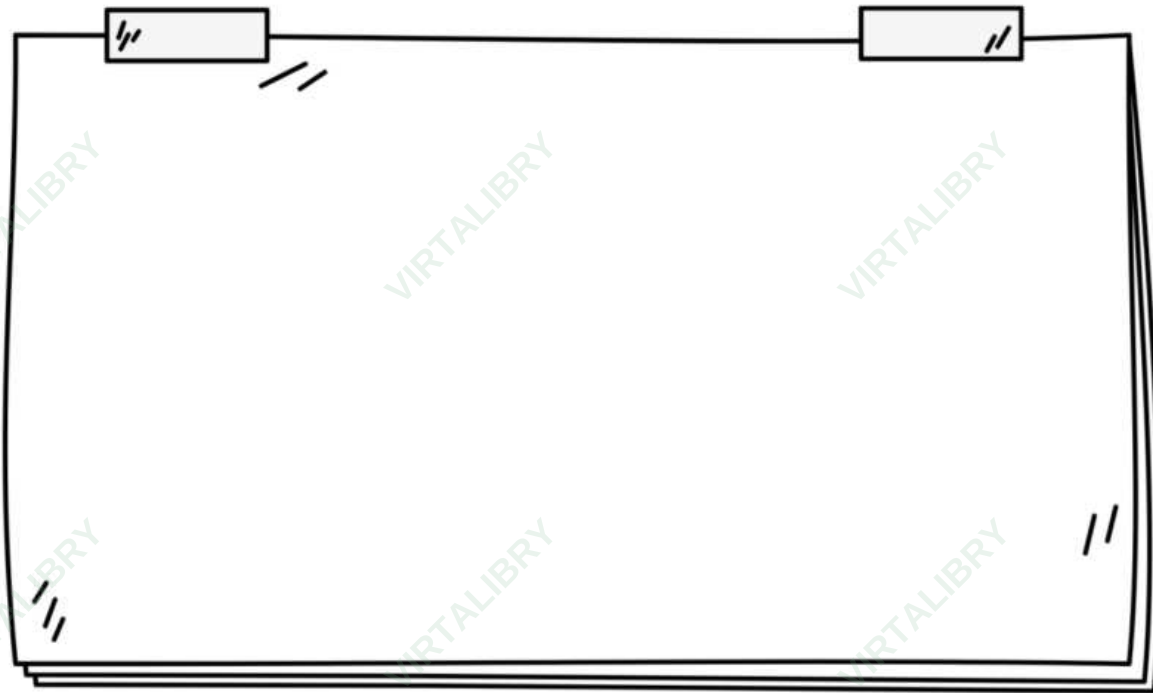
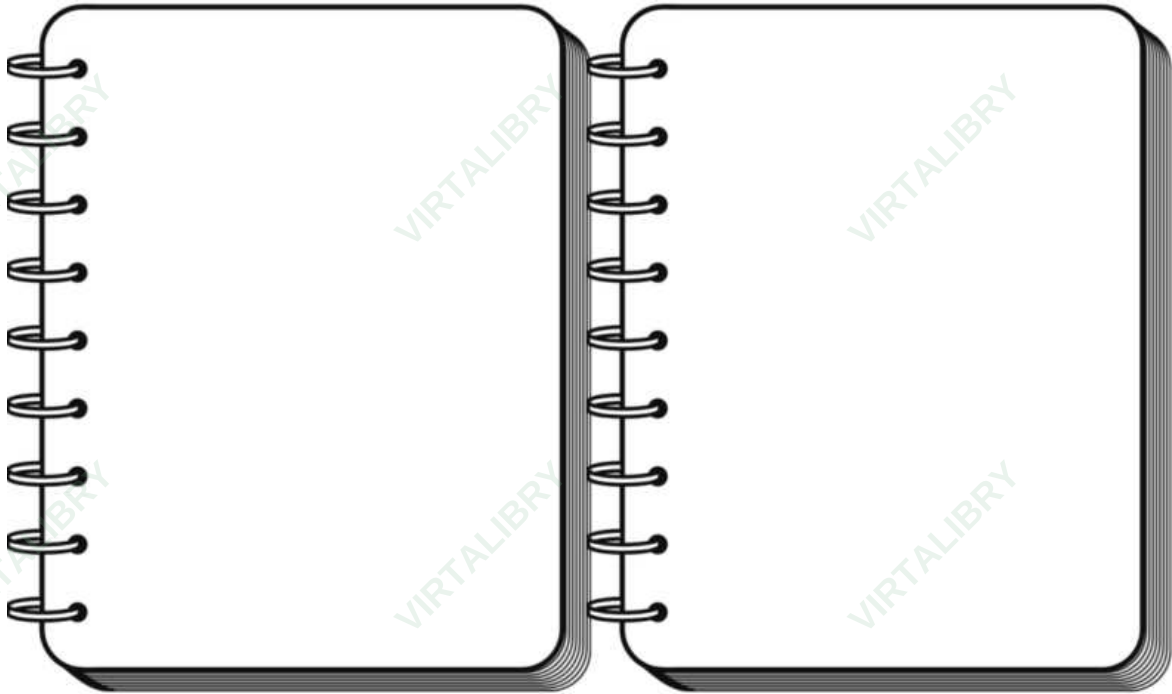
- How did your past experience shape the way you see yourself now?
- What qualities of your present self do you want to keep or strengthen?
- What do you imagine for your ideal future self?
- Which elements in your drawings symbolize transformation?

Why This Matters:

Visualizing your past, present, and future self gives you perspective and hope. It reminds you that you are always changing and that growth is possible. Write in your journal about one small step you can take today toward your future self.

Blank lined paper for writing.

Day 14. Self-portrait "Back to the Future"



Day 15. Matter People on the Island

This exercise helps you reflect on the relationships that give meaning and strength to your life. By honoring these people, you connect to gratitude and love.

How to Practice:

- Imagine you are going to a deserted island. Choose 3–12 people you would take with you. Write their names.
- Create a piece of art for each person — it could be a drawing, symbol, or poem.
- Let each creation represent why this person is important to you and what they bring into your life.
- Place all your creations together, like a community of support.

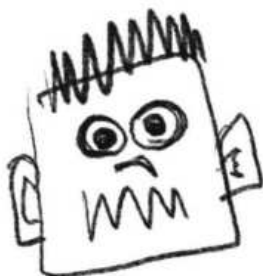
Reflection Questions:

- Was it easy or difficult to decide who to include? Why?
- What qualities do these people bring into your life?
- How do you feel when you think about them?
- Are there relationships you want to nurture more deeply?

Why This Matters:

Focusing on the people who matter strengthens your sense of connection and gratitude. These relationships are resources of energy and joy. Consider one small way to show appreciation to someone on your list this week.

1	2
3	4
5	6
7	8
9	10
11	12



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Day 16· My Safe Space

We all need places where we feel secure, calm, and grounded. This exercise helps you create a visual image of safety that you can return to whenever you need comfort.

How to Practice:

- Recall spaces in your life where you have felt safe and peaceful.
- On your page, begin to design your own “safe space.”
- Imagine it using all five senses: What do you see, hear, smell, taste, and feel?
- Add protective boundaries, objects, or symbols that give you security.
- Include any details from real or imagined places that make you feel safe.

Reflection Questions:

- What elements did you include in your safe space?
- Which senses were most important to you?
- How does your safe space help you feel calm and protected?
- Can you imagine visiting it in your mind when you need comfort?

Why This Matters:

Creating a safe space allows you to reconnect with feelings of security and stability. It becomes a mental resource you can use in moments of stress. Record your description in your journal and revisit it whenever needed.



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Day 17. Positive Development

This exercise helps you reflect on your personal traits and intentionally grow qualities that make life richer. By focusing on positive development, you open yourself to healthier relationships and more fulfilling experiences.

How to Practice:

- Review the list and check off what you already have or add your own. It is important to be aware of who we are. Who we want to become.
- Choose one positive trait you want to strengthen. Ask yourself, “What would a person with this trait do in this situation?” Write down your actions.
- In a similar situation, act in accordance with the trait you are developing.
- Record your successes, even small ones, in your journal. Act in alignment with the trait you are cultivating.

Reflection Questions:

- Which trait did you choose, and why?
- What challenges do you notice as you practice this trait?
- How does acting from this new quality change your feelings or relationships?
- What do you learn about yourself through this process?

Why This Matters:

Personal growth happens through conscious practice. By focusing on positive traits, you reshape your patterns and expand your identity. Keep a daily record of your progress and celebrate each step of transformation.

List of positive character

Accountable

Adaptable

Adventurous

Alert

Ambitious

Appropriate

Assertive

Astute

<i>Attentive</i>	<i>Authentic</i>	<i>Aware</i>	<i>Bravery</i>
<i>Calm</i>	<i>Candid</i>	<i>Capable</i>	<i>Certain</i>
<i>Charismatic</i>	<i>Clear</i>	<i>Collaborative</i>	<i>Committed</i>
<i>Communicator</i>	<i>Compassion</i>	<i>Comradeship</i>	<i>Connected</i>
<i>Conscious</i>	<i>Considerate</i>	<i>Consistent</i>	<i>Contributes</i>
<i>Cooperative</i>	<i>Courageous</i>	<i>Creative</i>	<i>Curious</i>
<i>Dedicated</i>	<i>Determined</i>	<i>Diplomatic</i>	<i>Directive</i>
<i>Disciplined</i>	<i>Dynamic</i>	<i>Easygoing</i>	<i>Effective</i>
<i>Efficient</i>	<i>Empathetic</i>	<i>Empowers</i>	<i>Energetic</i>
<i>Enthusiastic</i>	<i>Ethical</i>	<i>Excited</i>	<i>Expressive</i>
<i>Facilitates</i>	<i>Fairness</i>	<i>Faithful</i>	<i>Fearless</i>
<i>Flexible</i>	<i>Friendly</i>	<i>Generative</i>	<i>Generosity</i>
<i>Gratitude</i>	<i>Happy</i>	<i>Hard Working</i>	<i>Honest</i>
<i>Honorable</i>	<i>Humorous</i>	<i>Imaginative</i>	<i>Immaculate</i>
<i>Independent</i>	<i>Initiates</i>	<i>Innovative</i>	<i>Inquiring</i>
<i>Intelligent</i>	<i>Integrates</i>	<i>Integrity</i>	<i>Intimate</i>
<i>Intentional</i>	<i>Interested</i>	<i>Leading</i>	<i>Joyful</i>
<i>Knowledgeable</i>	<i>Logical</i>	<i>Listener</i>	<i>Lively</i>
<i>Manages Time Well</i>	<i>Loving</i>	<i>Loyal</i>	<i>Open-Minded</i>
<i>Networker</i>	<i>Nurturing</i>	<i>Patient</i>	<i>Optimism</i>
<i>Organized</i>	<i>Playful</i>	<i>Peaceful</i>	<i>Planner</i>
<i>Powerful</i>	<i>Poised</i>	<i>Polite</i>	<i>Proactive</i>
<i>Practical</i>	<i>Presents Self Well</i>	<i>Punctual</i>	<i>Problem-Solver</i>
<i>Productive</i>	<i>Responsible</i>	<i>Reliable</i>	<i>Resourceful</i>
<i>Self-reliant</i>	<i>Self-confident</i>	<i>Self-generating</i>	<i>Serves Others</i>
<i>Sense of Humor</i>	<i>Sensual</i>	<i>Spiritual</i>	<i>Sincere</i>
<i>Skillful</i>	<i>Strong</i>	<i>Spontaneous</i>	<i>Stable</i>
<i>Tactful</i>	<i>Successful</i>	<i>Supportive</i>	<i>Truthful</i>
<i>Trusting</i>	<i>Trustworthy</i>	<i>Unwavering</i>	<i>Understanding</i>
<i>Versatile</i>	<i>Wise</i>	<i>Warm</i>	<i>Zealous</i>



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Day 18· Timeline

Your life is a journey made up of meaningful moments. This exercise helps you reflect on key experiences, both joyful and difficult, and recognize how they have shaped you.

How to Practice:

- Draw a long horizontal line across the page.
- Mark the year of your birth at the left end and the current year at the right.
- Add important events along the line — milestones, transitions, challenges, or joyful memories.
- Use simple symbols or words to represent each event.
- Step back and look at the story your timeline tells.

Reflection Questions:

- Which memories bring warmth, joy, or pride?
- Which events still feel painful or unresolved?
- Which moments shaped you the most?
- Do you see your life differently now than you did when living through those events?

Why This Matters:

A timeline gives perspective: it shows not just what happened, but how far you've come. It helps you honor your growth and see patterns in your journey. Write in your journal about one event that taught you the most.

*The birth of a family member or
friend, or essential for you*

*The beginning or end of a romantic
relationship*

*Graduation from high school or
college*

A move to a new location

An award or achievement

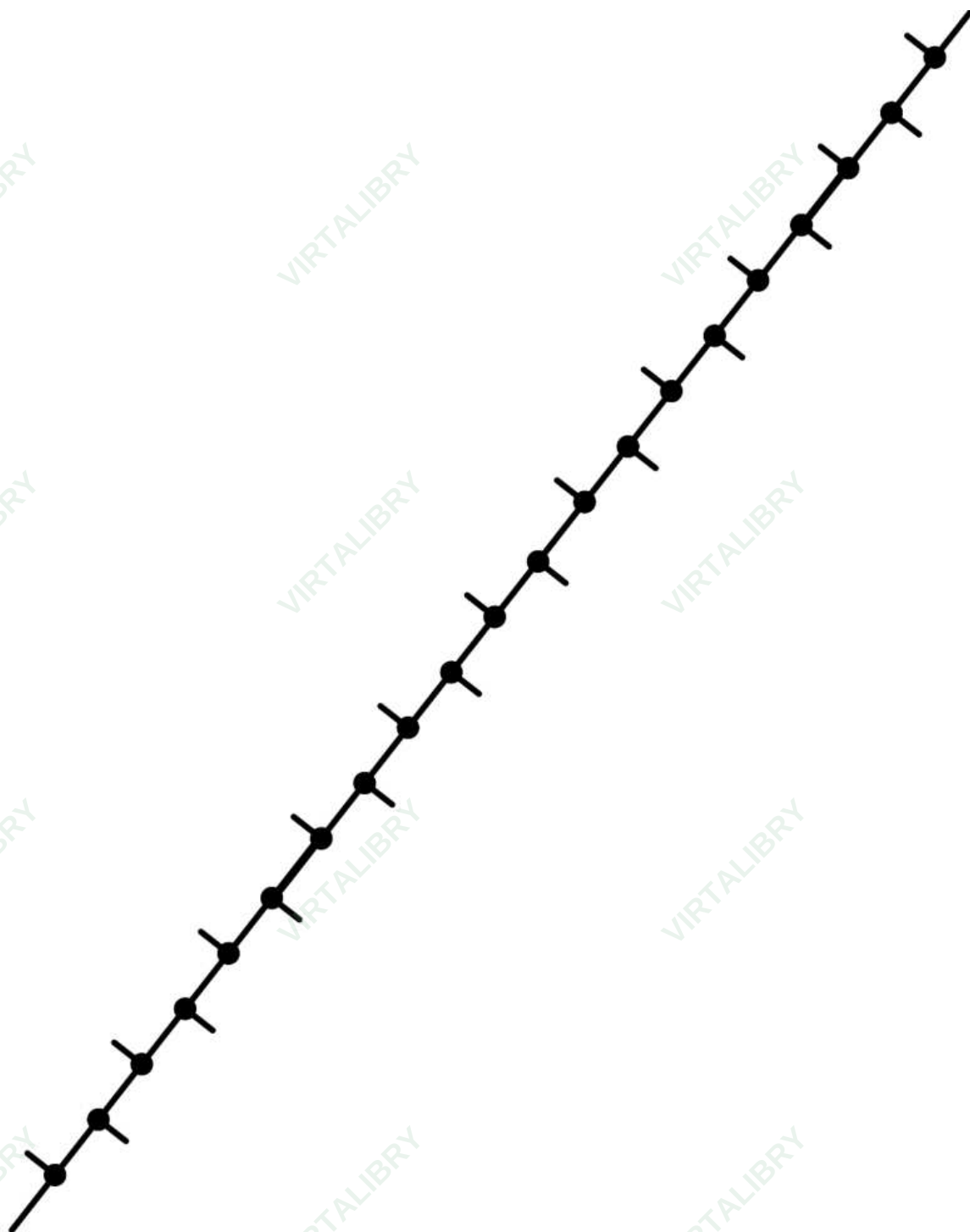
Travel dates

A job change

An illness or injury

An important friendship

A personal loss



Day 19· The Self Portrait

A self-portrait is a mirror of the soul. This exercise helps you express who you are right now, today, beyond appearances — through symbols, shapes, and personal meaning.

How to Practice:

- On your page, create a self-portrait in any style you like — realistic, abstract, or symbolic.
- Focus less on accuracy and more on how you feel about yourself.
- Include symbols, colors, or words that represent qualities or emotions.
- Allow your portrait to reveal both strengths and vulnerabilities.

Reflection Questions:

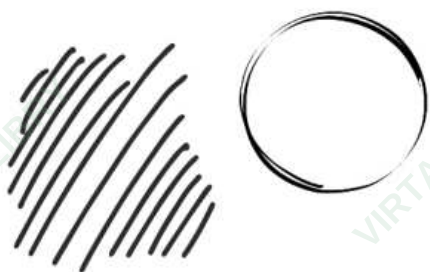
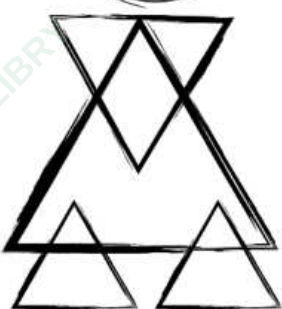
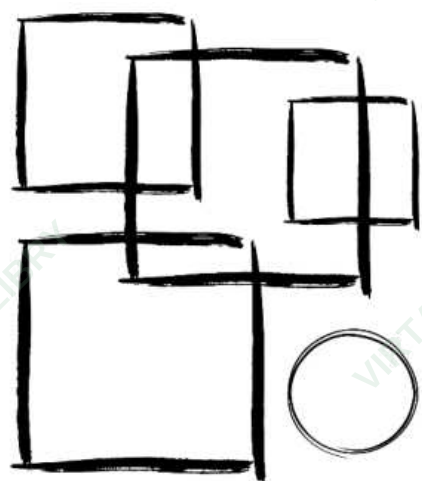
- What aspects of yourself did you choose to highlight?
- Are there traits you would like to strengthen?
- Are there parts of yourself you feel ready to release or transform?
- How do you feel looking at this image of yourself?

Why This Matters:

Seeing yourself through art helps you connect with your identity on a deeper level. It encourages self-acceptance and opens space for growth. Keep this portrait to compare with future versions of yourself.

What did you end up with? Consider why you're choosing this display method and these character traits.

- Do you like them? Maybe you would like to strengthen them or, conversely, weaken these traits.



Blank lined paper with horizontal ruling lines and a diagonal watermark reading "VIRTUALIBRY".

Day 20· My Boundaries

Boundaries protect your well-being and define how you connect with others. This exercise helps you reflect on where your boundaries are strong and where they need attention.

How to Practice:

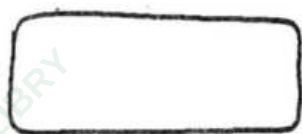
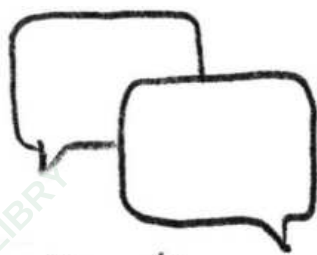
- Draw the outline of a human figure — this represents you.
- Inside the figure, add words, symbols, or images that reflect your inner world.
- Around the outside, add what others bring into your life.
- Notice where the inside and outside overlap or clash.
- Use this image to explore how safe and respected you feel in your connections.

Reflection Questions:

- Are your boundaries strong, flexible, or too porous?
- Do you notice areas where you allow too much or too little?
- How do your boundaries influence your relationships?
- What could help you strengthen them?

Why This Matters:

Healthy boundaries create respect and emotional balance. By visualizing them, you become more aware of what you want to protect and what you want to invite in. Write in your journal one step you can take to honor your boundaries today.

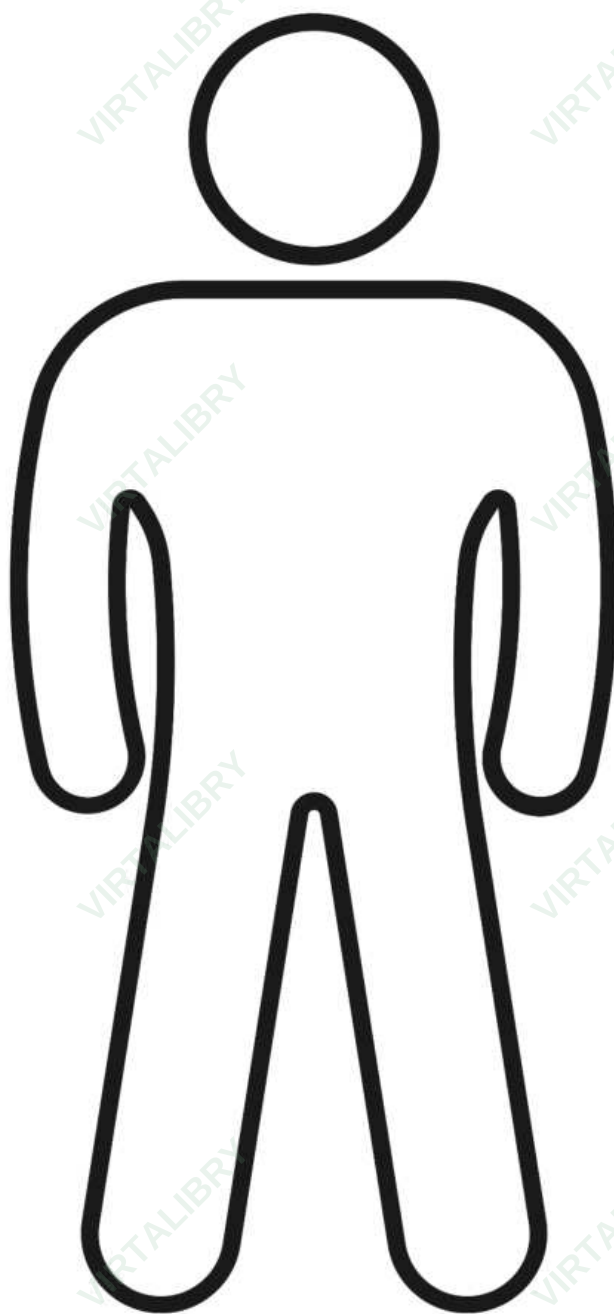


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Day 21· Tree of Life

The tree is a universal symbol of growth, strength, and connection. By drawing your Tree of Life, you reflect on your roots, your present state, and your hopes for the future.

How to Practice:

- Draw a tree in any style you like — realistic or imaginative.
- Let the roots symbolize your foundations: family, values, or early experiences.
- Let the trunk represent your present self: your strengths, challenges, and resilience.
- Let the branches and leaves symbolize your growth, dreams, and connections.
- Add details that feel important: fruits, seasons, weather, or surrounding landscape.

Reflection Questions:

- What do your roots say about your foundations?
- How does your trunk reflect who you are today?
- What do your branches and leaves reveal about your hopes and dreams?
- Is there anything your tree needs — more nourishment, stronger roots, or more space to grow?

Why This Matters:

The Tree of Life helps you see your journey as an organic process of growth. It honors where you came from and invites you to imagine what is still to come. Record in your journal what your tree taught you about yourself.



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Grand Day 22· The City of My Emotions

This exercise helps you visualize your emotions as a city — a place where all your feelings coexist. It allows you to see balance, patterns, and connections between them.

How to Practice:

- Imagine your emotions as buildings, streets, or places in a city.
- Draw a map that includes houses, parks, rivers, or landmarks representing different emotions.
- Add roads or paths connecting them.
- Notice which areas dominate and which are smaller or hidden.

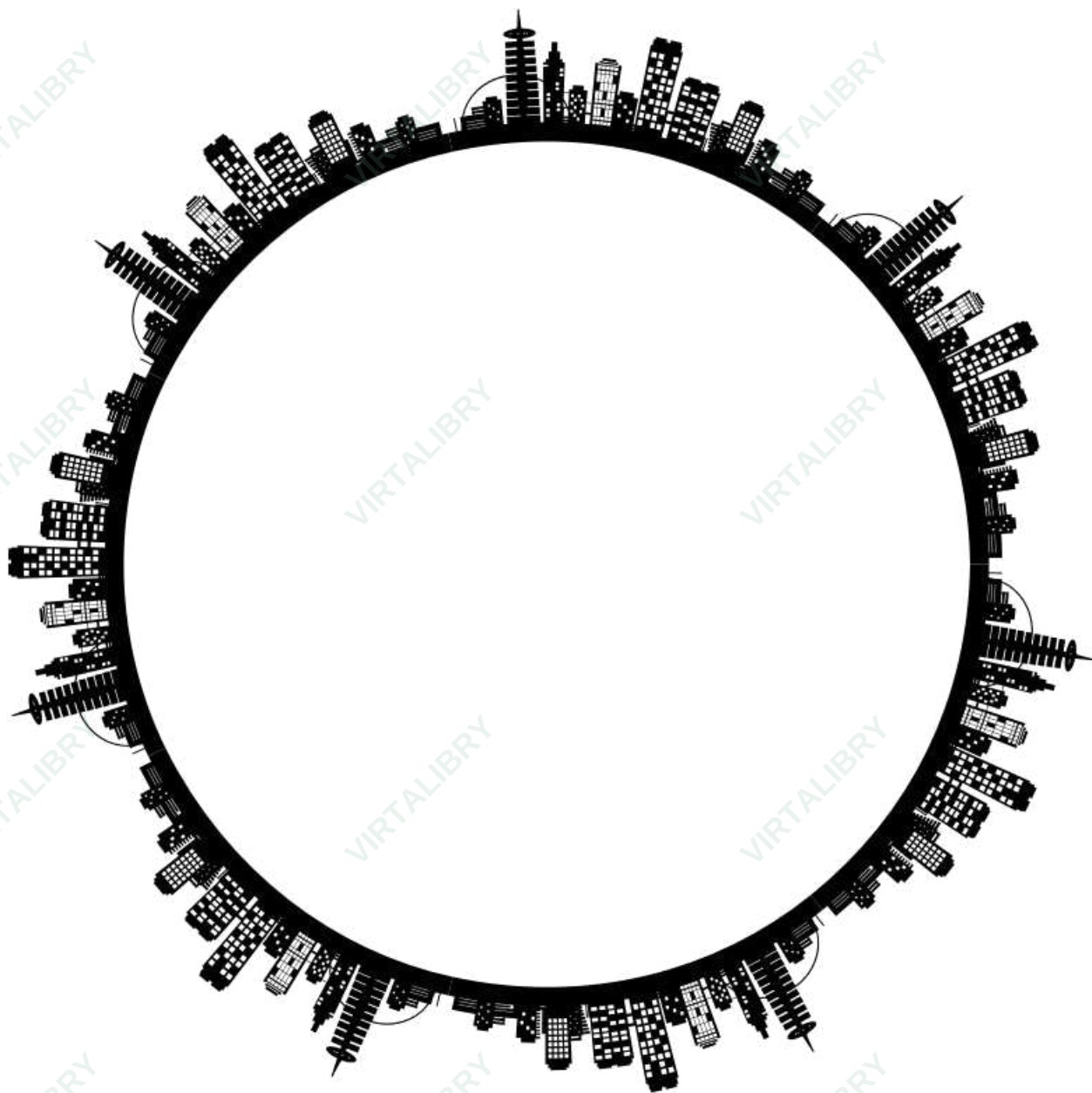
Reflection Questions:

- Which places in your “city” are the largest?
- Are there emotions you rarely visit?
- Do you want to change anything in the layout of your city?

Why This Matters:

Seeing your emotions as a landscape makes them more approachable. It helps you understand how they interact and where balance is needed. Keep this map to revisit when your emotional world shifts.

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Grand Day 23· My Inner Light

Each of us carries an inner light — a spark of life, joy, or love. This exercise helps you connect with that inner source and explore how to nurture it.

How to Practice:

- Imagine a light inside you — it might feel like a flame, a sun, a lantern, or something unique.
- Draw or design this light as you sense it.
- Add elements around it that nurture and protect it.
- Create an image that radiates warmth and hope.

Reflection Questions:

- What supports your light right now?
- What could you do to protect it from fading?
- How does your inner light inspire you to live more fully?

Why This Matters:

Acknowledging your inner light strengthens your sense of self and resilience. It reminds you that no matter what happens, a core of strength and vitality shines within you.

Grand Day 24. My Closing Mandala

This final exercise summarizes your journey through the journal. By creating a closing mandala, you weave together the symbols, insights, and emotions you have explored.

How to Practice:

- Draw a circle to begin your mandala.
- Fill it with symbols and images from previous exercises — a heart, a tree, a path, people, or light.
- Arrange them into a design that feels complete to you.
- Let this mandala represent both an ending and a new beginning.

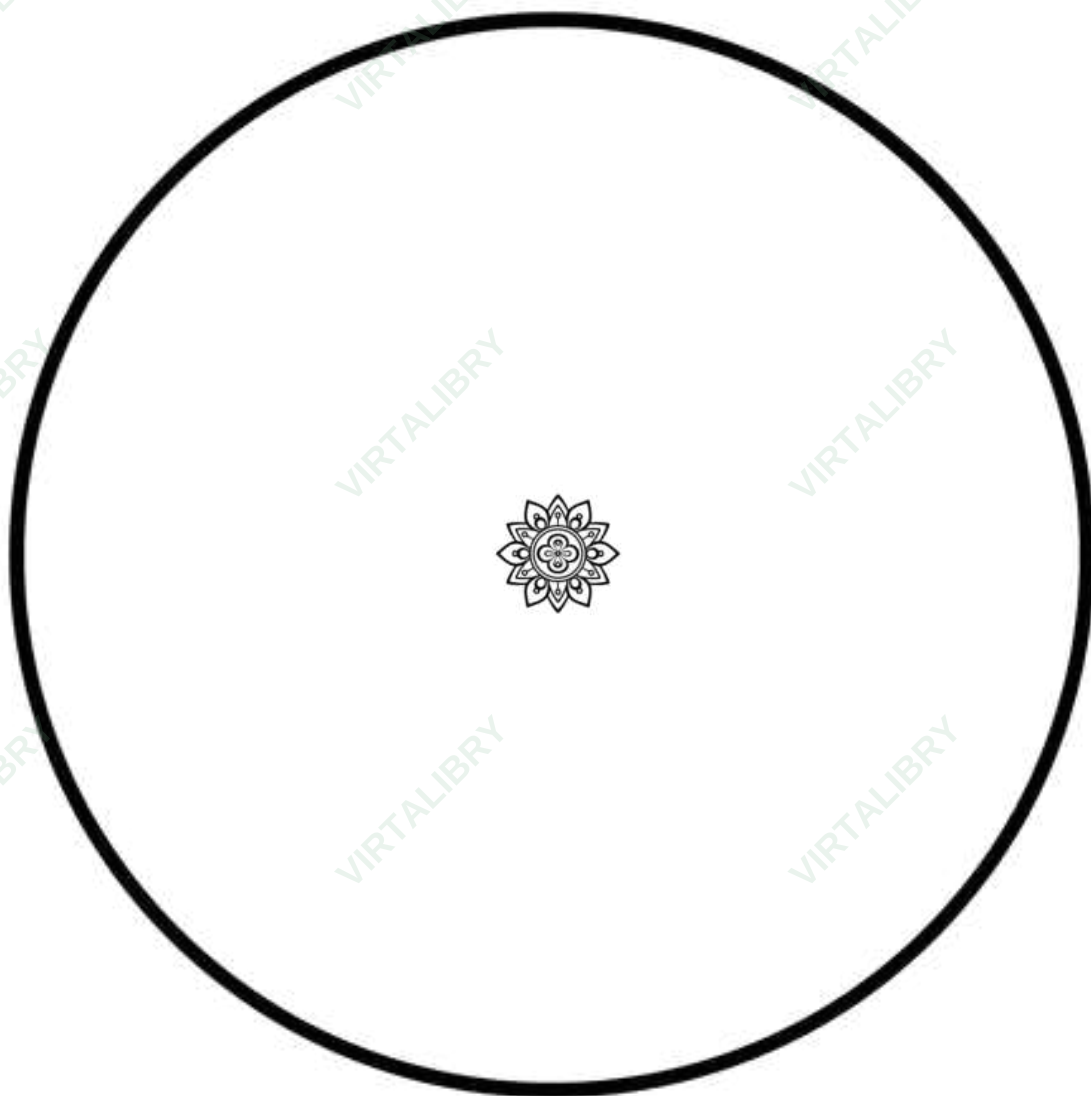
Reflection Questions:

- What do you feel when you look at your closing mandala?
- Which discoveries from this journey will you carry with you?
- What intentions do you want to set for the future?

Why This Matters:

A closing mandala honors the work you have done and anchors your growth. It serves as a symbol of integration, healing, and the new path ahead. Date this page and keep it as a milestone in your journey.

Blank lined paper for writing.



Grand Day 25. A Letter to Myself

This exercise helps you connect with your future self and receive guidance, encouragement, and compassion from the person you are becoming.

How to Practice:

- Imagine your future self — calm, balanced, or having achieved an important dream.
- Write a letter from that version of you to your present self.
- Include words of wisdom, reassurance, or advice.
- If you wish, add decorations, borders, or symbols of care.

Reflection Questions:

- How do you feel reading the letter from your future self?
- What clarity or hope does it give you?
- Which part of the letter do you most want to remember?

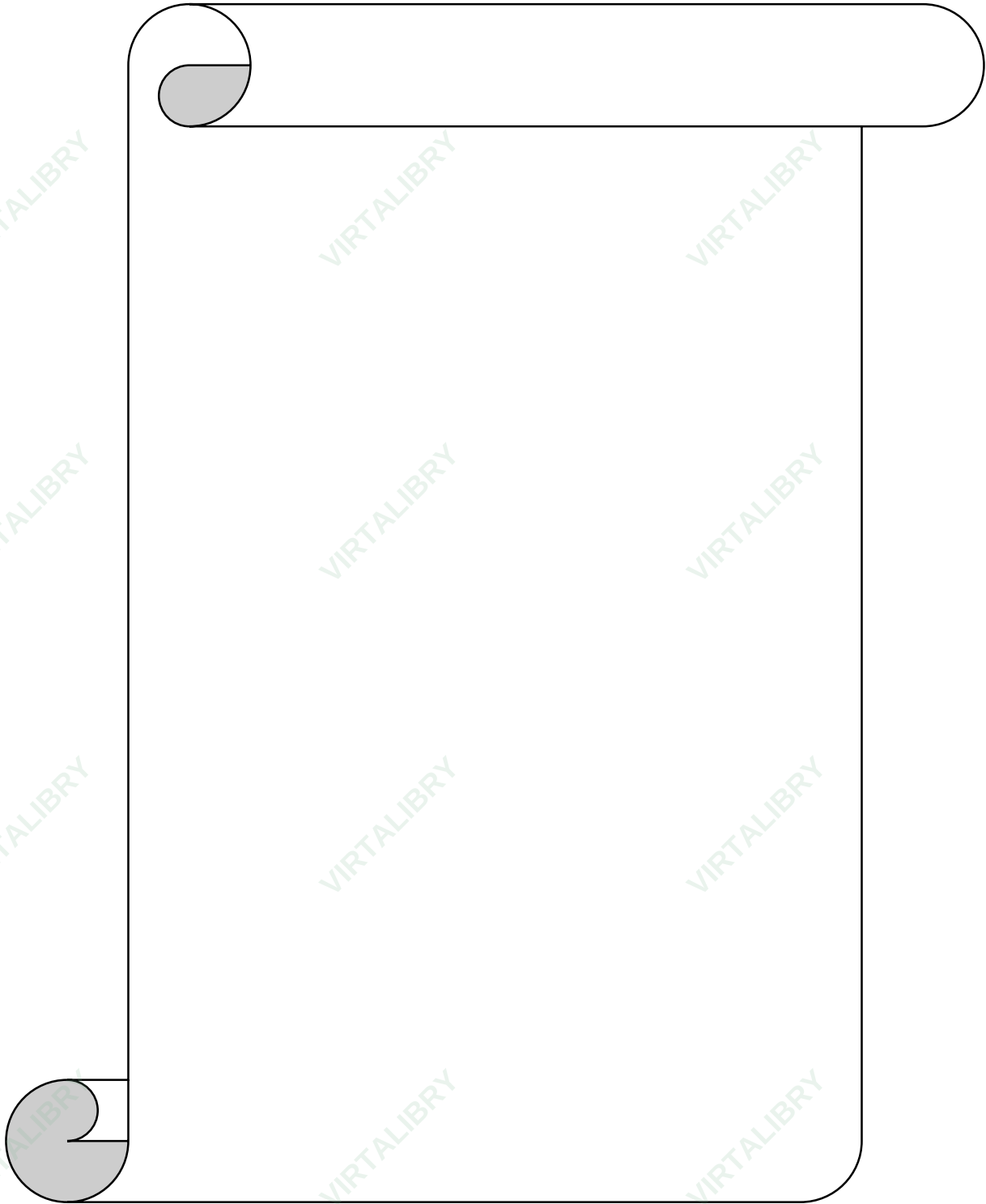
Why This Matters:

A letter from your future self reminds you that growth is possible and already unfolding. It strengthens your trust in the path you are walking. Keep this letter in your journal to revisit whenever you need encouragement.

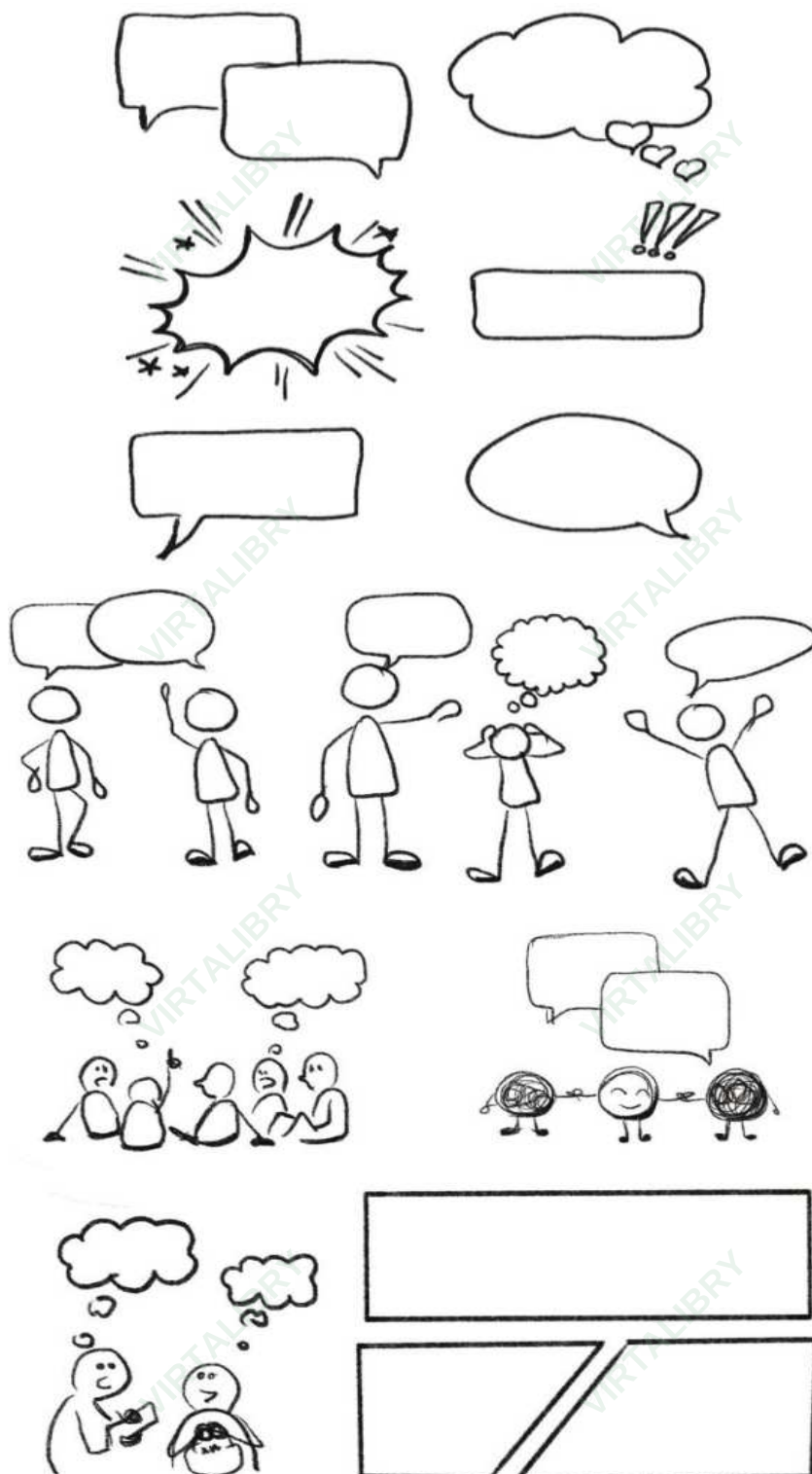


FAMILY MEMORIES

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Bonus· Mood Your Imagination



Conclusion

Dear Friends,

These exercises are not just one-time activities. They are practical tools you can return to again and again. I encourage you to revisit them every 3–6 months to notice how your inner world evolves and how your perspectives shift with time.

My sincere hope is that this journal has become a trusted companion in your journey of self-discovery, reflection, and creativity. Together, you have explored:

- your emotions (Days 1–11)
- your resources and dreams (Days 12–15)
- your inner safety and values (Days 16–18)
- your identity and self-image (Days 19–21)

You now have the opportunity to track meaningful changes in yourself:

- how your emotions have transformed (Grand Day 22)
- what new resources have appeared (Grand Day 23)
- how your sense of inner security has grown (Grand Day 24)
- how your identity and self-perception continue to evolve (Grand Day 25)

Think of these pages as an ongoing dialogue with yourself. And if you wish, you can bring them into therapy to deepen your personal healing and self-awareness.

As a psychologist, I would be truly honored to learn about your discoveries while working through these exercises, and to hear which of them resonated with you most. Sharing your reflections not only enriches your own process but may also inspire others who are on a similar path.

If you would like to leave feedback, please use the QR code provided. Your thoughts and experiences are the greatest reward for the work that has gone into creating this journal



With warm and inspiration
H. Krym

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