

Inner Face – Outer Face

1. Find a few quiet moments to draw and write.
2. Find two large pieces of paper and crayons or colored markers.
3. Let your attention be soft, allowing the crayons or markers to act without judgments as to what is drawn or what it may mean.
4. Make two pictures in whatever order you choose. One picture is the person you present to the outside world; the other is the person underneath the mask. You may add props to your picture if want.
5. Somewhere on each picture, write these words and complete the phrases:

I feel...

I look...

I am...

I need...

I never...

I'm afraid of...

Don't ever call me...