

Creativity in Your Recovery

Creating art can help you get in touch with your feelings about your recovery. Try the following exercises by yourself, with a loved one or with a member of your treatment team.

Art supplies you will need:

- paper or canvas
- writing instrument (pencils, markers, pastels, crayons, oil paints, watercolors)

Exercise 1 - Draw Yourself Climbing a Mountain

Use the art supplies that you choose and draw a picture of yourself climbing a mountain.

Answer the following questions after you have finished creating your artwork:

Describe the challenge in your picture.

Are you on your way up or down the mountain?

What type of supplies or provisions do you have with you in your picture?

What does the climate/landscape look like?

- Snowy
- Sunny
- Cloudy
- Other _____
- Desert
- Trees
- Blizzard

Are you alone or with someone? If you are with someone - who is that person?

What are some things that stand out in your picture?

What do they represent?

Creativity in Your Recovery Worksheet

continued

Exercise 2 - Goal Setting

Think about your recovery goals represented as a garden in different stages of growth from a seed to full-grown flower.

1. What goals have you “planted” that you want to harvest?

- | | |
|--|---|
| <input type="checkbox"/> Take a class | <input type="checkbox"/> Make a new friend |
| <input type="checkbox"/> Visit with family | <input type="checkbox"/> Buy something I want |
| <input type="checkbox"/> Buy groceries/cook for myself | <input type="checkbox"/> Take my medication correctly |
| <input type="checkbox"/> Get a volunteer job | <input type="checkbox"/> Join a support group |
| <input type="checkbox"/> Exercise 3 times a week | <input type="checkbox"/> Do hobby I enjoy |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ |

2. Get out a piece of paper and a writing instrument from your art supplies.

3. Represent your goals (checked above) by drawing what stage of harvest you feel each is in - from seedling to full bloom.

Example:

If your goal is to get a volunteer job, and you just applied and were accepted for a job – then you would draw your plant in full bloom. If you just came up with the goal – it would be drawn as a seedling.

4. After you draw your “garden” – take some time to think about each goal and make a plan that will help you achieve each goal.

5. How can you get your “seeds” to full bloom?

