



## My Daily Dot Instructions

For the purpose of this daily exercise I invite you to sit quietly for a few minutes each day and tune in to how you feel in your body.

We have learnt to associate words with these feelings: sad, happy, angry, confused.

These are words that describe our interpretation of how our body is feeling.

Then we add another layer, a story. For example 'I feel heartbroken because.....' We use the story as a tool to attempt to understand or make sense of how we are feeling, especially if those feelings are uncomfortable. We want to solve 'the problem' so we can feel better. Fair enough. Unfortunately, in my experience, the story is the problem.

What does it like to feel without scrambling to justify, explain or try to understand the feelings?

This may be uncomfortable. This daily exercise is an invitation to sit with that discomfort. Take time to sit with your body and really notice everything that it is feeling. Attempt to acknowledge those physical feelings without the why, or a because. Just notice. Notice feelings that let you know you are sad or happy. What does your body do to tell you?

Now lets start the daily exercise...

Set up your Art Pack in a comfortable space that you can leave for the 2 weeks.

Sit quietly and notice your feelings.

For example: Today I feel: tired, flat, tight and achey in my chest and kinda sad.

Choose three feeling words to write on the back of your paper square.

Next notice, what in the way my body feels tells me that?

My body feels: heavy, my eyes feel dry and heavy, my chest has a dull ache in it.

This process can be as long, or short, as you need it to be. All the while try to stay with noticing feelings in your physical body.

Choose a colour to represent how your body feels, go with the one that pops out to you.

- Wet your paper square
- Add water to your paint colour, us enough to load your brush with coloured water.
- Touch just the tip of your brush to the wet square of paper.

This is a collaborative process the paint will create the image. You are invited to resist the temptation to add to this.

Repeat this process each day and after two weeks you will have a clear record of what your daily experience has been. This can be used for reflection and as a guiding tool. Use them in your journal, string them from a tree, make a collage or burn them. The choice is yours.

Additionally you will have begun the process of learning to experience your feelings without being dragged unwittingly along the rugged track of story.

This is a small taste of ARtHERE Therapy session. Please get in touch to chat about additional support for you.