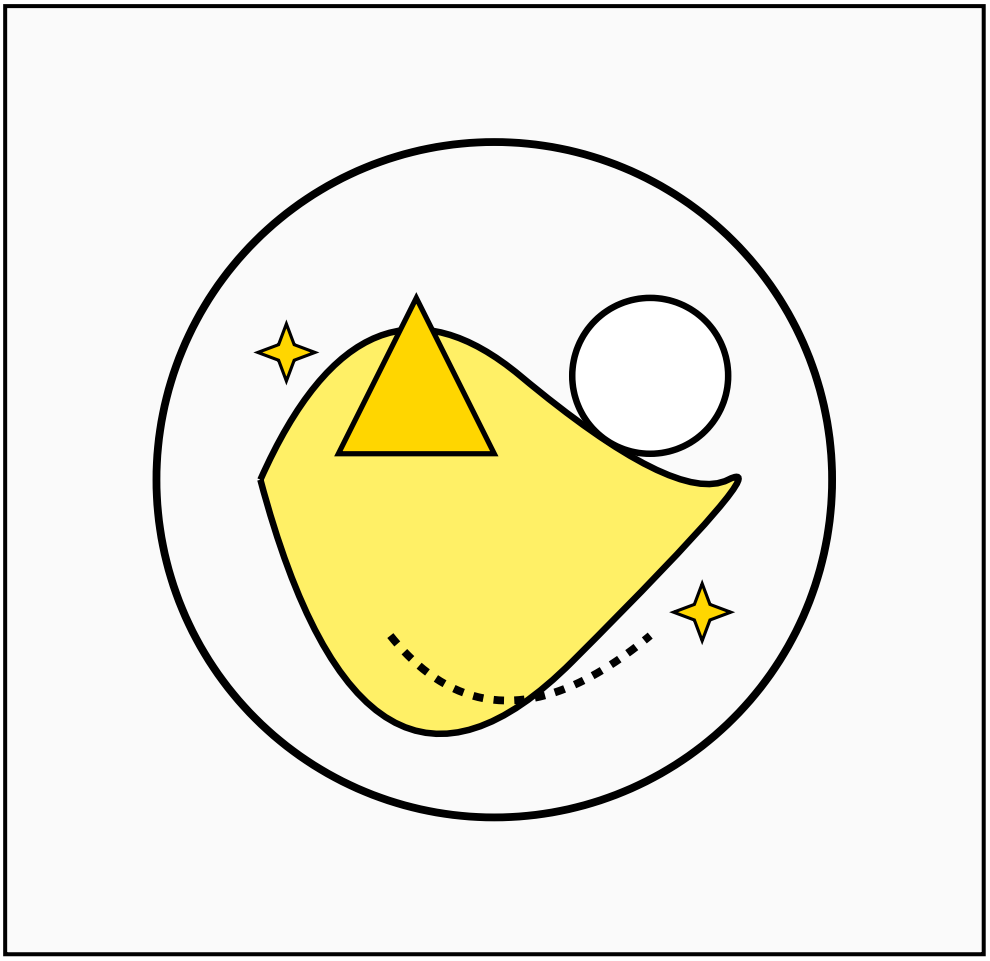
Talk Sense02

DRAW YOUR EMOTIONS

AN INTERACTIVE ART THERAPY WORKBOOK

NON-VERBAL EXPRESSION | 50 GUIDED EXERCISES | ANXIETY RELEASE | SOMATIC CALM



50 COMPLETE EXPERIENTIAL DRAWING CANVASES

NO EXPLANATION NEEDED • CHOOSE A FEELING • SELECT COLOURS • DRAW FREELY

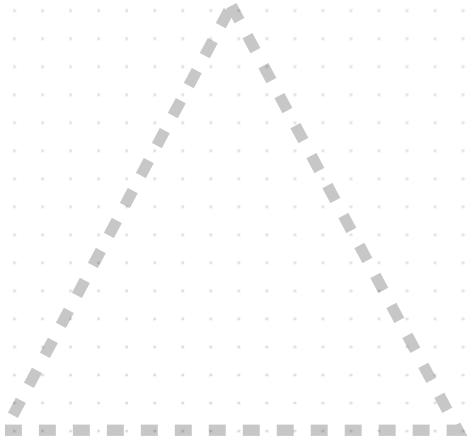
TALK_SENSE_02 • EXERCISE 01

1. WHAT ANXIETY LOOKS LIKE AS A SHAPE

Does it have spikes, tangled knots, sharp corners, or heavy jagged blocks? Let your pen move without editing or erasing.

FEELING: TIGHT | RACING | CONSTRICTED

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT DID YOU NOTICE IN YOUR HANDS OR CHEST WHILE EXTERNALIZING THIS SHAPE?

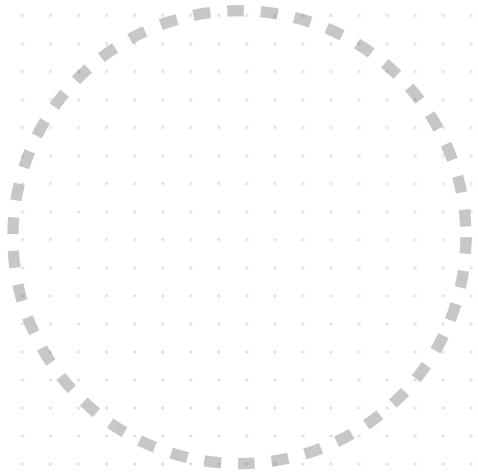
TALK_SENSE_02 • EXERCISE 02

2. WHAT COLOUR REPRESENTS YOUR MOOD TODAY?

Forget realism. Fill this space with the gradient, density, and saturation that echoes your emotional temperature right now.

ENERGY: DORMANT | SIMMERING | RADIANT

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: IF THIS COLOR HAD A PHYSICAL TEMPERATURE AND WEIGHT, HOW WOULD IT FEEL?

TALK_SENSE_02 • EXERCISE 03

3. WHAT DOES CALM LOOK LIKE TO YOU?

Is calm a smooth horizontal wave, a sheltered cocoon, an open plain, or gentle concentric circles? Draw your nervous system resting.

STATE: GROUNDED SOFT OPEN

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: AS YOUR EYES FOLLOW THESE RESTING LINES, WHERE DID YOUR BREATHING DEEPEN?

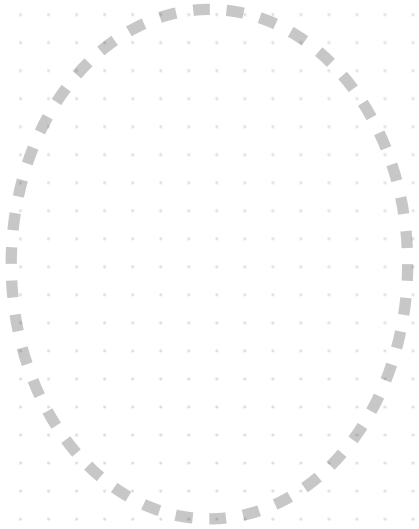
TALK_SENSE_02 • EXERCISE 04

4. MAPPING BODILY TENSION & RELEASE

Where does stress accumulate? Draw where tension builds up, then draw lines flowing outward to symbolize letting it drain away.

FOCUS AREA: SHOULDERS | JAW | STOMACH

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT SENSATION SHIFTED WHEN YOU DREW THE RELEASE PATHWAYS?

TALK_SENSE_02 • EXERCISE 05

5. THE OVERWHELM SCRIBBLE & WHITE SPACE

Dedicate one corner to fast chaotic scribbles. Then, deliberately draw an impenetrable boundary protecting the calm white space around it.

IMPULSE: NOISE | DEMANDS | NEED SPACE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: HOW DOES IT FEEL TO SEE CLEAR, UNTOUCHED BOUNDARY SPACE ON THE PAPER?

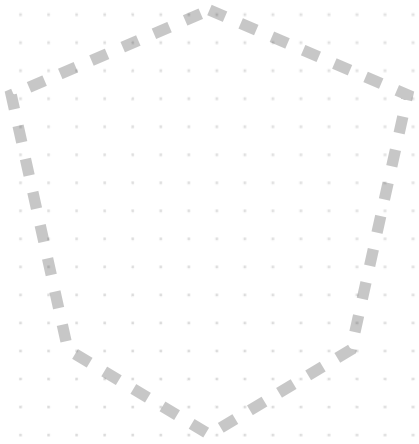
TALK_SENSE_02 • EXERCISE 06

6. DRAWING YOUR BOUNDARY SHIELD

Draw a strong perimeter. Outside, place external demands and noise. Inside, fill it only with shapes and textures of safety.

SHIELD: SOLID WALL | FILTER | FLEXIBLE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT PERMISSION DOES HAVING A DEFINED BOUNDARY GIVE YOUR NERVOUS SYSTEM?

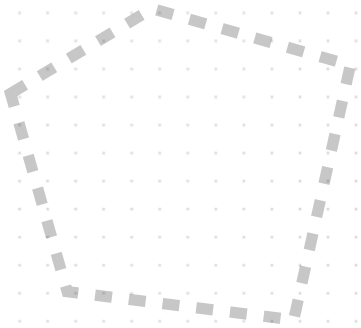
TALK_SENSE_02 • EXERCISE 07

7. UNSPOKEN HEAVY WORDS AS GEOMETRIC STONES

Things you held back take up emotional volume. Externalize them as heavy, solid boulders resting firmly on the earth.

TONE: HELD BACK | UNHEARD | EXHAUSTED

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: NOW THAT THIS WEIGHT IS RESTING ON PAPER, HOW DOES YOUR THROAT FEEL?

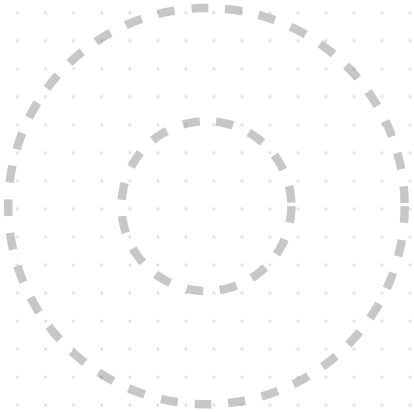
TALK_SENSE_02 • EXERCISE 08

8. THE RIPPLE OF SELF-FORGIVENESS

Start from a single dot in the center representing a past misstep. Draw soft, continuous concentric ripples radiating away into acceptance.

INTENTION: RELEASE | ACCEPTANCE | SOFTNESS

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT LINGERING HARSH JUDGMENT ARE YOU READY TO ALLOW TO DISSOLVE?

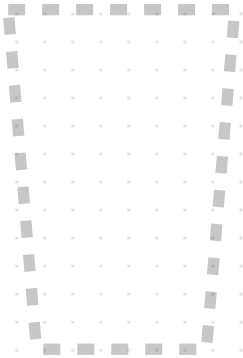
TALK_SENSE_02 • EXERCISE 09

9. VISUALIZING YOUR ENERGY RESERVOIR

Draw a container. How much fuel remains inside today? Shade what is depleted, and illustrate what replenishes you.

BATTERY: DEPLETED | BALANCED | SURPLUS

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT IS ONE SMALL, GENTLE ACTION THAT POURS 5% BACK INTO YOUR CUP?

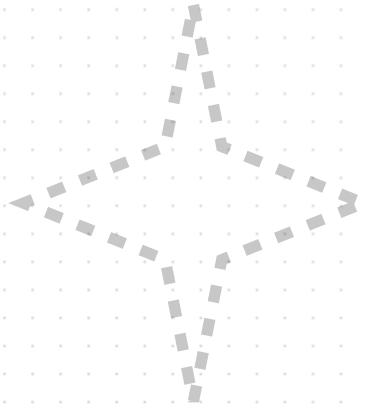
TALK_SENSE_02 • EXERCISE 10

10. THE SPARK OF INNER LIGHT

Even in deep shadow, a resilient filament glows. Draw that tiny spark expanding, illuminating and warming whatever surrounds it.

RESILIENCE: QUIET | STEADY | UNSHAKABLE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT INNER TRUTH KEEPS THIS SPARK GLOWING WHEN THINGS FEEL DIFFICULT?

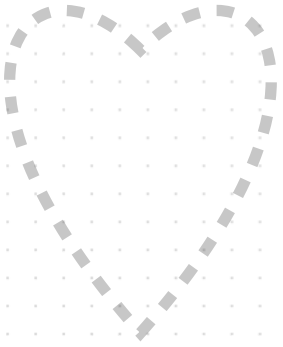
TALK_SENSE_02 • EXERCISE 11

11. THE ARMOR AROUND YOUR HEART

Illustrate the defensive shield you put up to protect yourself. Is it made of metal, stone, thorns, or glass? Where can it afford to soften?

DEFENSE: GUARDED | CAUTIOUS | TENDER

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT WOULD FEEL SAFE ENOUGH TO LOWER THAT ARMOR BY JUST 2%?

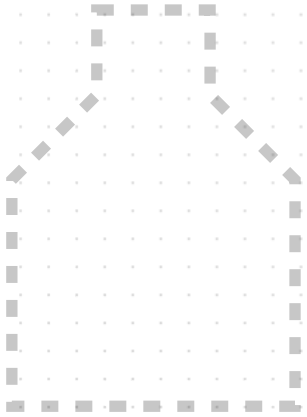
TALK_SENSE_02 • EXERCISE 12

12. THE BOTTLED-UP STORM

Draw a glass bottle containing swirling lightning and pressure. Then, draw the cork gently opening to allow the vapor to disperse harmlessly.

INTENSITY: HIGH VENTING SETTLING

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT EMOTION HAVE YOU BEEN CONTAINING THAT NEEDS A HEALTHY RELEASE?

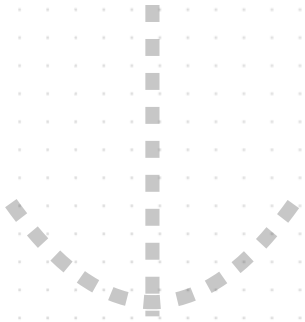
TALK_SENSE_02 • EXERCISE 13

13. GROUNDING ANCHOR & DEEP ROOTS

Draw heavy roots boring through deep soil and granite. Anchor yourself so firmly that passing emotional winds cannot dislodge you.

STABILITY: ROOTED SOLID SECURE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: FEEL YOUR CONTACT POINTS WITH THE SEAT AND FLOOR. WHAT ANCHORS YOU?

TALK_SENSE_02 • EXERCISE 14

14. THE DISSOLVING CLOUD OF GRIEF

Sadness carries its own weather. Draw a dense, heavy cloud, then draw raindrops gently falling into receptive soil where seeds await.

WEATHER: OVERCAST | RAINING | CLEARING

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT GRIEF OR DISAPPOINTMENT ARE YOU GIVING PERMISSION TO JUST BE FELT?

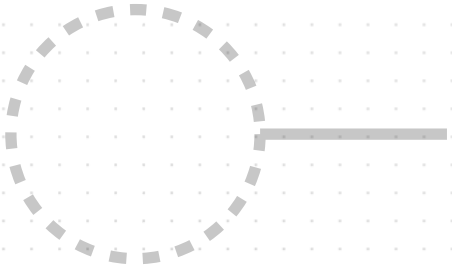
TALK_SENSE_02 • EXERCISE 15

15. UNTANGLING MENTAL THREADS

Draw a knotted ball of yarn on the left side, then draw a single clean, smooth line leading out toward the right in serene order.

CLARITY: TANGLED | SORTING | CLEAR

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT SINGLE THREAD OF PRIORITY CAN YOU PULL OUT FROM TODAY'S CHAOS?

TALK_SENSE_02 • EXERCISE 16

16. THE SANCTUARY ROOM

Draw a four-walled interior retreat where no one can enter without your permission. Fill it with tactile symbols of safety, silence, and warmth.

SPACE: SOLITARY | WARM | SAFE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHEN YOU MENTALLY SIT IN THIS ROOM, WHAT HAPPENS TO YOUR JAW TENSION?

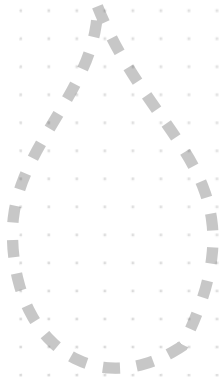
TALK_SENSE_02 • EXERCISE 17

17. THE FIRE OF ANGER HANDLED SAFELY

Anger is clean boundary energy when not destructive. Draw sharp leaping flames, then encircle them in a sturdy hearth stone container.

HEAT: FIERCE | CONTAINED | CONSTRUCTIVE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT BOUNDARY VIOLATION IS YOUR ANGER TRYING TO ALERT YOU TO?

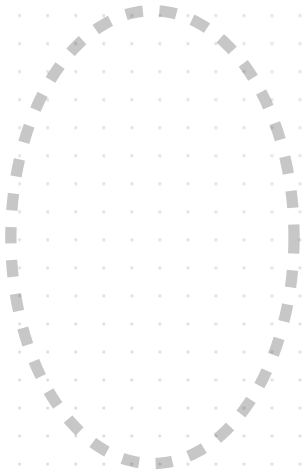
TALK_SENSE_02 • EXERCISE 18

18. THE COCOON OF RESTORATION

Transformation requires withdrawal and quiet darkness. Draw a protective woven chrysalis holding you while your energy regenerates.

PHASE: DORMANT | RESTING | MENDING

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT PARTS OF YOU ARE ASKING FOR QUIET TIME TO REBUILD WITHOUT PRESSURE?

TALK_SENSE_02 • EXERCISE 19

19. WHISPERS OF GUT INTUITION

Quiet your rational thoughts. Draw subtle, shimmering waves or delicate spirals that represent what your intuition knows before your brain catches up.

SENSE: SUBTLE | KNOWING | CLEAR

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT DOES YOUR DEEP INSTINCT WHISPER WHEN THE EXTERNAL NOISE STOPS?

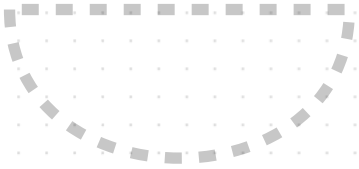
TALK_SENSE_02 • EXERCISE 20

20. THE KINTSUGI MENDED BOWL

Draw a bowl with fracture lines running through it. Mend every fracture using bold, glowing patterns—honoring your scars as evidence of strength.

SPIRIT: WEATHERED | GOLDEN | WHOLE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT FORMER PAINFUL CRACK HAS ADDED THE MOST DEPTH TO WHO YOU ARE TODAY?

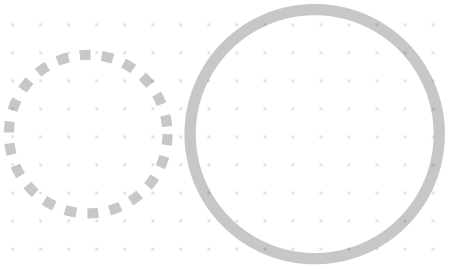
TALK_SENSE_02 • EXERCISE 21

21. SILENCING THE INNER CRITIC

Draw the harsh, judgmental voice on the left as a prickly, shrinking thorn. Draw your self-compassionate inner advocate as an expansive, gentle sun.

VOICE: SHRINKING | KIND | TRUTHFUL

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT WOULD THE COMPASSIONATE VOICE SAY IF IT SPOKE WITH TOTAL AUTHORITY?

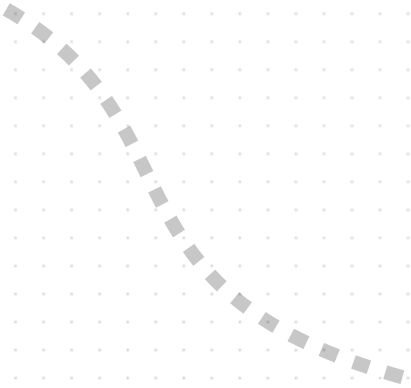
TALK_SENSE_02 • EXERCISE 22

22. THE RIVER OF FLOW & SURRENDER

Stop swimming upstream against reality. Draw wide, fluid river channels carrying you effortlessly around boulders and obstacles.

CURRENT: EFFORTLESS | YIELDING | TRUSTING

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT FIGHT OR STRUGGLE ARE YOU FINALLY READY TO STOP FORCING?

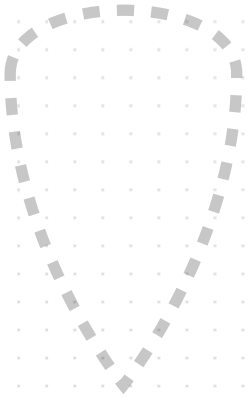
TALK_SENSE_02 • EXERCISE 23

23. THE MASK YOU WORE TODAY

Draw the polite, composed face you presented to the world. Alongside it, illustrate the raw, authentic emotions that lived behind the surface.

IDENTITY: PUBLIC | PRIVATE | INTEGRATED

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: HOW EXHAUSTING WAS IT TO HOLD THAT MASK UP TODAY?

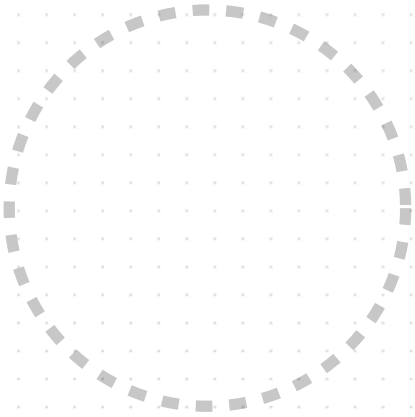
TALK_SENSE_02 • EXERCISE 24

24. SOLITUDE VS. LONELINESS

Loneliness feels cold and hollow; solitude feels peaceful and rich. Fill this circular chamber with the comforting textures of sacred solitude.

STATE: STILL | WHOLESOME | PRESENT

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: HOW DOES BEING QUIETLY BY YOURSELF FEEL WHEN YOU ARE A FRIEND TO YOURSELF?

TALK_SENSE_02 • EXERCISE 25

25. DISARMING IMPOSTER SYNDROME

Draw the towering phantom of self-doubt. Then, draw sturdy geometric pillars underneath your feet representing your real, earned accomplishments.

TRUTH: CAPABLY EARNED | GROUNDED | WORTHY

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: NAME ONE SKILL OR INSIGHT YOU POSSESS THAT NO ONE CAN TAKE AWAY.

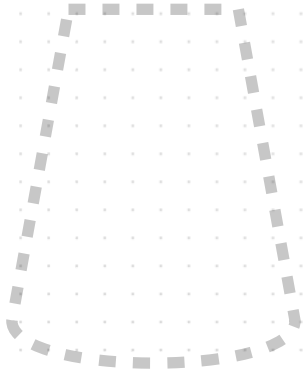
TALK_SENSE_02 • EXERCISE 26

26. THE VESSEL OF SIMPLE GRATITUDES

Fill this open glass urn with small, luminous geometric jewels—each one representing an ordinary, overlooked blessing from today.

TONE: WARM | APPRECIATIVE | ABUNDANT

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: NOTICE HOW FOCUSING ON TINY BLESSINGS SHIFTS THE PHYSICAL WEIGHT IN YOUR CHEST.

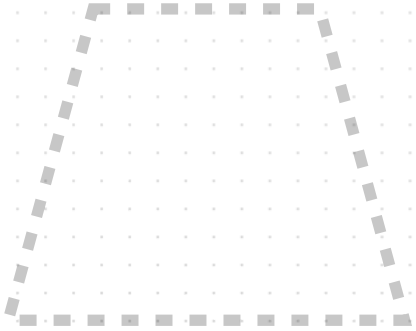
TALK_SENSE_02 • EXERCISE 27

27. WELCOMING THE HIDDEN SHADOW

Draw a dark, heavy shadow. Instead of banishing it, draw a warm, glowing lantern placed beside it—illuminating it with curiosity and compassion.

SHADOW: UNLOVED | OBSERVED | INTEGRATED

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT EXILED PART OF YOUR PERSONALITY NEEDS YOUR UNDERSTANDING TODAY?

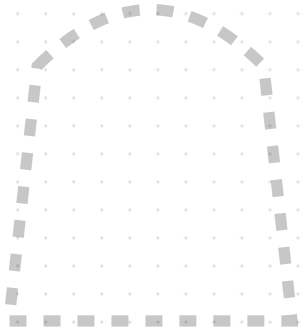
TALK_SENSE_02 • EXERCISE 28

28. DROPPING THE UNNECESSARY BURDEN

Draw a heavy backpack or boulder you have carried out of obligation. Draw yourself setting it down by the side of the road and walking away freely.

BURDEN: HEAVY | SET DOWN | LIBERATED

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: HOW MUCH LIGHTER DO YOUR SHOULDERS FEEL THE MOMENT YOU LET GO?

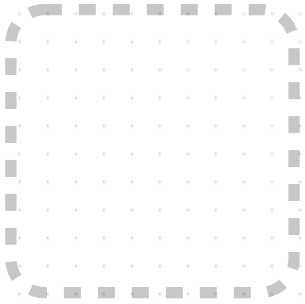
TALK_SENSE_02 • EXERCISE 29

29. THE CADENCE OF CONSCIOUS BREATH

Inhale on the rising wave, pause at the crest, exhale on the falling wave, pause at the trough. Trace four cycles of box breathing on the page.

RHYTHM: 4 IN | 4 HOLD | 4 OUT

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: NOTICE THE NATURAL QUIETNESS THAT EXISTS AT THE BOTTOM OF AN EXHALE.

TALK_SENSE_02 • EXERCISE 30

30. THE WALL OF HEALTHY RESISTANCE

Not all walls are bad. Draw a sturdy stone retaining wall holding back soil, proving that resistance can keep you safe and upright.

INTEGRITY: FIRM | PROTECTIVE | INTACT

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHERE IS SAYING AN UNAPOLOGETIC "NO" THE HEALTHIEST ACT OF LOVE?

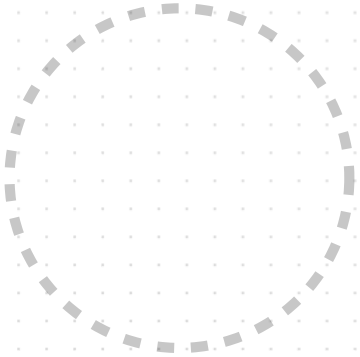
TALK_SENSE_02 • EXERCISE 31

31. FACING THE FOG OF THE UNKNOWN

Uncertainty feels blinding. Draw misty grey swirls, and within the mist, draw a single stepping stone illuminated clearly directly ahead of you.

CLARITY: FOGGY | ONE STEP | PATIENT

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: YOU ONLY NEED TO SEE THE SINGLE STEP DIRECTLY UNDER YOUR FEET.

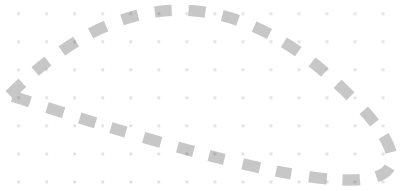
TALK_SENSE_02 • EXERCISE 32

32. THE HEALING BALM & SOFT OINTMENT

Draw a cooling, radiant balm soothing an inflamed, stinging wound. Use gentle, sweeping brush-like strokes that represent unconditional comfort.

TOUCH: COOL | GENTLE | RESTORATIVE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT SOOTHING WORDS WOULD YOU OFFER A BELOVED FRIEND IN YOUR SITUATION?

TALK_SENSE_02 • EXERCISE 33

33. JOY AS AN ELECTRIC CURRENT

Joy is not always calm—sometimes it is a buzzing, effervescent lightning bolt. Draw vibrant, jagged rays of enthusiasm crackling across the canvas.

VIBE: SPARKING | PLAYFUL | ALIVE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT MAKES YOUR SPIRIT FEEL GENUINELY, UNAPOLOGETICALLY ALIVE?

TALK_SENSE_02 • EXERCISE 34

34. TENDER NOSTALGIA & PAST WHISPERS

Draw a vintage keepsake box. Place within it soft sepia tones and cherished moments that shaped you, viewing them with tender gratitude.

MEMORY: TENDER | BITTERSWEET | GRATEFUL

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: THANK YOUR YOUNGER SELF FOR SURVIVING ALL THE DAYS YOU THOUGHT YOU COULDN'T.

TALK_SENSE_02 • EXERCISE 35

35. RECLAIMING YOUR STOLEN ENERGY

Draw lines representing places where your energy was drained by others. Draw arrows pulling all those strands back into your own radiant center.

RETRIEVAL: RECALLING | RECLAIMING | SOVEREIGN

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: AFFIRM ALOUD: "I CALL ALL OF MY ENERGY BACK TO MYSELF RIGHT NOW."

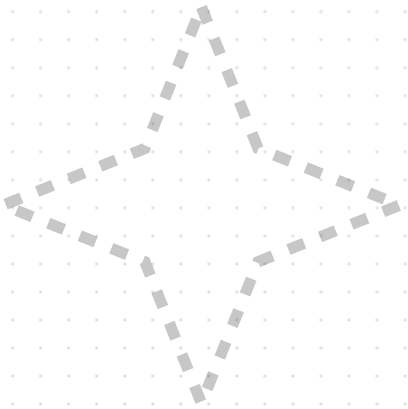
TALK_SENSE_02 • EXERCISE 36

36. THE INNER COMPASS OF PURPOSE

Draw a navigational star. Instead of North and South, label each ray with the core values that truly guide you when you feel lost.

ALIGNMENT: TRUE NORTH | CLARITY | GUIDED

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT VALUE MATTERS SO DEEPLY TO YOU THAT IT MAKES HARD CHOICES SIMPLER?

TALK_SENSE_02 • EXERCISE 37

37. HONORING TOTAL EXHAUSTION

When your system is completely depleted, do not pretend to be strong. Draw a limp, soft cloth or flat pool at absolute rest, requiring nothing.

REST: FLAT | HEAVY | UNAPOLOGETIC

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT WOULD HAPPEN IF YOU TRULY ALLOWED YOURSELF TO STOP PRODUCING TODAY?

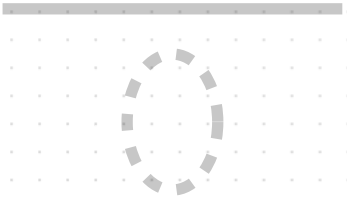
TALK_SENSE_02 • EXERCISE 38

38. SEEDS WAITING IN COLD SOIL

Winter is not death—it is preparation. Draw dormant seeds buried in dark soil, patiently gathering nutrients until the season turns.

SEASON: WINTERING | PATIENCE | INCUBATING

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT NEW CAPACITY IN YOU IS QUIETLY GROWING BENEATH THE SURFACE?

TALK_SENSE_02 • EXERCISE 39

39. THE COURAGEOUS ARROW

Courage is not the absence of fear; it is movement despite fear. Draw a single bold arrow piercing straight through trembling, chaotic lines.

WILL: DETERMINED | PIERCING | BRAVE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT BOLD STEP ARE YOU BEING CALLED TO TAKE, EVEN IF YOUR HANDS SHAKE?

TALK_SENSE_02 • EXERCISE 40

40. THE EMOTIONAL THERMOMETER

Draw a vertical gauge. Calibrate it with distinct color zones—from frozen isolation at the base to boiling panic at the peak, centering on steady warmth.

ZONE: FREEZING | TEMPERATE | BOILING

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHERE IS YOUR INTERNAL THERMOMETER RESTING AT THIS EXACT MOMENT?

TALK_SENSE_02 • EXERCISE 41

41. THE LIGHTHOUSE IN CRASHING WAVES

Draw towering ocean surges crashing against a resolute stone tower. The beam shines steadily through the spray, guiding wandering ships home.

PRESENCE: STEADFAST | SHINING | IMMOVABLE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHO OR WHAT IN YOUR LIFE SERVES AS AN UNSHAKEABLE LIGHTHOUSE?

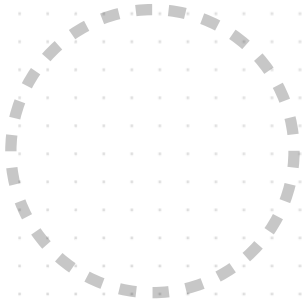
TALK_SENSE_02 • EXERCISE 42

42. UNTYING THE KNOT IN YOUR STOMACH

Anxiety often settles in the gut. Draw a tight, clenched visceral fist, then draw the fingers slowly opening into relaxed, flat palms.

SENSATION: CLENCHED | SOFTENING | SPACIOUS

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: SEND AN INTENTIONAL, DEEP BELLY BREATH DIRECTLY TO THAT AREA OF YOUR BODY.

TALK_SENSE_02 • EXERCISE 43

43. THE GARDEN OF SMALL JOYS

Plant small botanical doodles across this plot: morning coffee, sunlight through windows, clean sheets, laughter. Cultivate your garden.

GROWTH: BLOOMING | TENDED | DELIGHTFUL

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT MICRO-PLEASURE BROUGHT A MOMENTARY SMILE TO YOUR FACE RECENTLY?

TALK_SENSE_02 • EXERCISE 44

44. THE CLEAN SLATE HORIZON

Draw a razor-straight horizontal line separating the canvas. Above it is pure, open sky; below it is steady earth. Begin completely fresh.

BEGINNING: CLEAR | UNWRITTEN | EXPANSIVE

COLORS: ◯ ◯ ◯

SOMATIC REFLECTION: WHAT STORY ABOUT YOURSELF ARE YOU READY TO STOP REPEATING?

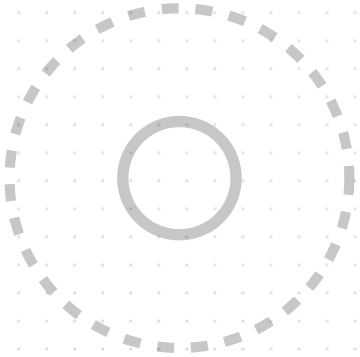
TALK_SENSE_02 • EXERCISE 45

45. TRANSFORMING POISON INTO MEDICINE

Draw a spiky, dark thorn in the center. Surround it with blossoming petals until the original prickle becomes the nutrient that feeds the flower.

ALCHEMY: TRANSFORMED | HEALED | WISDOM

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT PAINFUL LESSON HAS QUIETLY EVOLVED INTO YOUR GREATEST WISDOM?

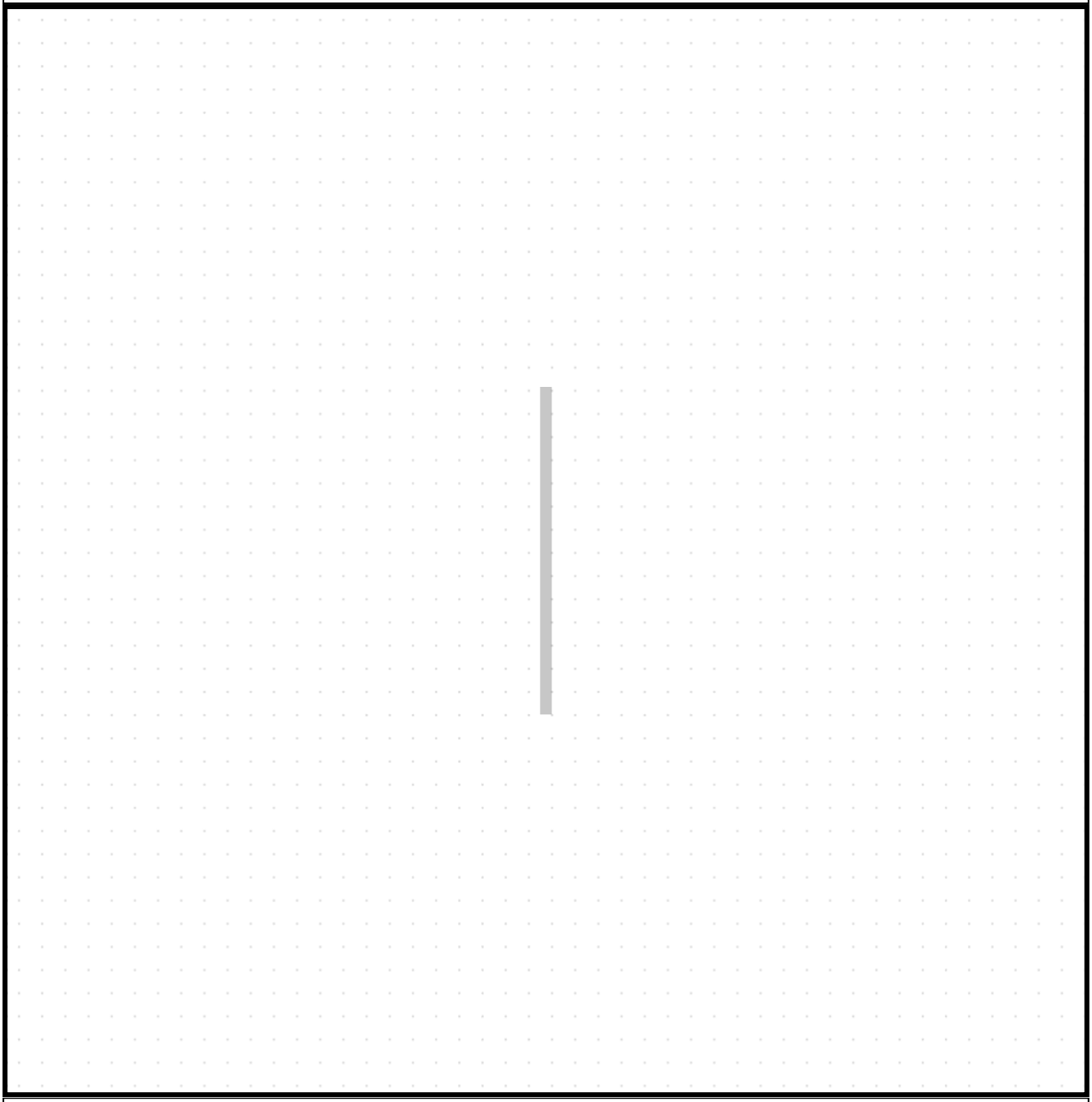
TALK_SENSE_02 • EXERCISE 46

46. THE SACRED BOUNDARY: YES & NO

Divide the canvas into two equal chambers. On the left, draw what receives an unconditional "No". On the right, draw what receives a sacred "Yes".

CLARITY: FIRM NO | SACRED YES | DECISIVE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: NOTICE HOW PROTECTING YOUR "NO" IS WHAT MAKES YOUR "YES" MEANINGFUL.

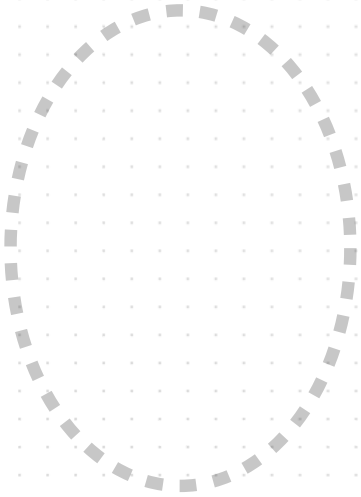
TALK_SENSE_02 • EXERCISE 47

47. THE MIRROR OF PURE SELF-ACCEPTANCE

Draw an oval mirror frame. Inside the glass, draw yourself without harsh filters, demands, or perfectionism—just an honest human being doing their best.

GAZE: LOVING | FLAWED | SUFFICIENT

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: TELL YOURSELF IN YOUR MIND: "I AM ALLOWED TO BE A WORK IN PROGRESS."

TALK_SENSE_02 • EXERCISE 48

48. THE BEACON OF HOPE

Draw wide sweeping beams cutting through heavy indigo darkness. Let the light announce that morning will return regardless of how long the night felt.

LIGHT: DAWN | PENETRATING | CERTAIN

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT FUTURE EVENT OR POSSIBILITY FILLS YOU WITH GENTLE ANTICIPATION?

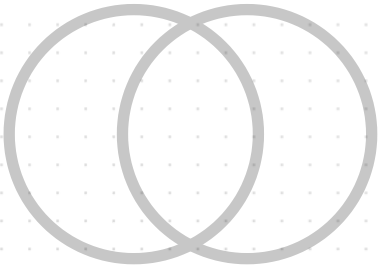
TALK_SENSE_02 • EXERCISE 49

49. THE HARMONY OF OPPOSITES

You can be brave and terrified; grief-stricken and grateful; exhausted and loving. Draw two contrasting geometric shapes interlocked in total harmony.

INTEGRATION: BOTH/AND | COMPLEX | BALANCED

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: WHAT TWO OPPOSING FEELINGS CAN YOU MAKE ROOM FOR SIMULTANEOUSLY?

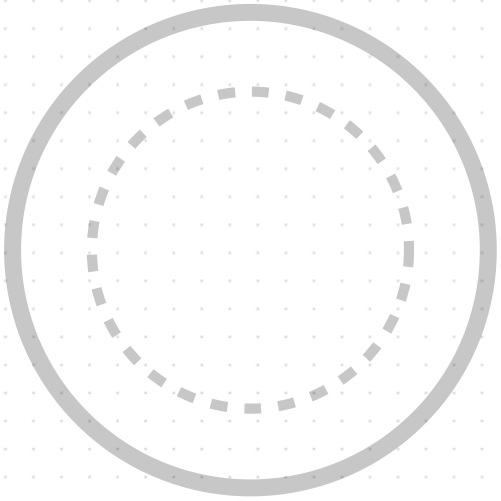
TALK_SENSE_02 • EXERCISE 50

50. THE CIRCLE OF WHOLENESS & COMPLETION

Your final canvas. Draw an unshakeable master circle. Within it, synthesize all the colors, textures, and lines that represent your complete, magnificent self.

MILESTONE: 50 COMPLETED | INTEGRATED | WHOLE

COLORS: ◯ ◯ ◯



SOMATIC REFLECTION: STEP BACK. LOOK AT YOUR JOURNEY. WHAT DOES IT FEEL LIKE TO KNOW YOURSELF BETTER?

SELF-AWARENESS / WELLBEING / HUMAN BEHAVIOUR / PERSONAL GROWTH

TALKSENSE02 GUIDED PUBLICATION

"We spend years learning about the world. But rarely enough time learning about ourselves."

Words often fall short when we attempt to communicate our deepest anxieties, burnout, quiet grief, or private joy. **Draw Your Emotions** is a structured, 50-exercise guided art therapy workbook engineered to bypass cognitive overthinking and tap directly into somatic, non-verbal expression. Through intentional mark-making, intuitive color choices, and guided reflective inquiry, you transform internal turbulence into concrete, external art—discovering that you are not the chaos, but the conscious observer holding it.

50 EXPERIENTIAL EXERCISES
Progressively explore anxious shapes, mood temperatures, bodily tension maps, and emotional sanctuaries.

NON-VERBAL RELEASE
No drawing expertise required. Designed for intuitive lines, scribbles, colors, and raw, honest gestures.

SOMATIC REFLECTION
Each exercise pairs expressive drawing with a grounded check-in to deepen bodily awareness and calm.

PRINT-OPTIMIZED DESIGN
High-contrast monochrome canvases with subtle dot-matrix grids, suited for pencils, markers, and fine-liners.

Talk Sense02
MENTAL HEALTH & EMOTIONAL GROWTH SERIES

TS-02-ART-52P