

## (Form #CW5-1)

### Parental Patterns

Resources: Paper and crayons or coloured pencils.

#### Facilitate your client to do the following

1. With their non- dominant hand (the one they don't write with), draw three trees  
\* Do not tell the client the three trees are the parents and themselves.
2. Take no longer than 10 minutes.
3. Ask them to name each tree with the names of their parents or major caretakers (if adopted, etc.) and themselves.  
One tree is Dad, one is Mum and one is them. These 'trees' are a slice of their sub-conscious attitudes that were developed in relationship to their parents. They choose which tree has which name.
4. Now have them examine the 'Trees' in relation to one another.

#### Simple questions questions for them to ask about their artwork

- Is there a big 'domineering tree'
- Are all trees the same size
- Are the trees crowding in on each other
- Are some trees bearing fruit and other(s) barren or dead
- Are all or some of the trees grounded with lots of roots
- Are some trees bright colours and others dull and dark colours
- Have I drawn any surroundings i.e. sun, grass, etc.

Since Art can 'fly under the radar' of our conscious mind we can get insights into ourselves. Have your client close their eyes and meditate for a few minutes on the overall energy of their 'Trees' Art.

### Approval/Disapproval Fact Finding Sheet

#### "How to"

Get your client to ask themselves the following questions instructing them to remember to say the first thought of their mind without editing. If nothing comes to them instantly, get them to repeat the question again until an answer does come.

1. Something my mother disapproved of me for was/is \_\_\_\_\_
2. Something my father disapproved of me for was/is \_\_\_\_\_
3. Something my parents disapproved of me for was/is \_\_\_\_\_.
4. Something my mother approved of me for was \_\_\_\_\_
5. Something my father approved of me for was \_\_\_\_\_.
6. Something my parents approved of me for was/is \_\_\_\_\_