

Creative Expression
Strength Collage
www.thenegativespace.life

Supplies: magazines, paper, scissors, glue.

For added interest, additional supplies: markers, paint sticks, oil pastels, etc.

- On your piece of paper write some words down about the word **strength**. Allow yourself to write with free association or whatever comes to mind. There are no rules. After a few minutes of writing, let the search for images begin.
- Gather imagery. Look at magazines and pull images that represent strength - this could be colors, images, patterns, scenery, etc.
- Once you have gathered some images, begin to glue them down to the page. Allow yourself to follow your gut as you place images and layer things. There is no right or wrong way to collage your imagery together. One helpful tip is to place one large image in the background and then layer on top.
- When you are complete, sit back and allow the image to speak to you. What is it telling you about your strength? What may it be telling you that you need? Allow this image to be something you return to as needed.
- Option: Repeat this exercise, centering the collage around a new theme or word that resonates with you. Maybe the next collage can be your Story.

