Pride/Shame/Joy Circles

Media:

- Three sheets of 12 x 18 inch white drawing paper
- Collage images
- Drawing media
- · Glue stick and scissors

Directive:

- · Label one paper Pride, one Joy, and one Shame
- Inside each circle, please represent achievements, personal characteristics, and experiences that you feel proud of, joyful about, or of which you feel ashamed.
- · You may use paint, drawing media, or collage materials.

Adapted from: "Using Art to Treat Eating Disorders", Hinz, L.D (2006)