Response Piece: Self Symbol Companion

Media:

• Modeling clay: plasticine, Model Magic, or Sculpy

Directive:

- Take a piece of clay and warm it in your hands by kneading it and working it until it becomes pliable.
- As you are warming the clay in your hands, close your eyes and imagine a companion symbol for the first self symbol that you made.
- Think about what would make the first symbol feel more complete; what would make a good companion for it?
- Work the clay and fashion the companion piece as it comes to mind.

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