

WALKING THROUGH THE VALLEY

MOUNTAIN-VALLEY ART THERAPY EXERCISE

Have the individual/group create an image of a valley with a mountain top on either side of the valley.

Discuss what one low point in life was and have the group write or draw an image within the valley.

Next, have each member come up with two high points in life.

Discuss which was more difficult to come up with- the low points or the high points.

Often we will find that low points are unfortunately more easily remembered.

Discuss if it were possible to build a bridge over the low point would you do that in order to never have experienced that challenge? OR was there something to be learned from by going through that tough event?