



BUILDING CONFIDENCE

This exercise is based on an art therapy exercise in the Developing the Self Guidebook that can be purchased in the store: <https://arttherapyresources.com.au/shop/art-therapy-guidebook-self/>

This exercise asks the client to create a tower of self-esteem. While this exercise focuses on self-esteem, it can also be used as a way for the client to explore their current strengths and abilities as a foundation to building confidence in all areas of their life.

The tower aspect also introduces clients to the process of building skills to create an overall outcome that they may wish to work towards.

ART THERAPY EXERCISE

- Ask your client to create a tower of self-esteem. Ask them to explore positive statements about themselves to build a tower with each statement placed on top of the other.
 - Topics they may want to explore are qualities, talents, skills, strengths, achievements.
- After your client has created their tower, open a discussion about the ideas they chose to use in their tower and what that means to them.
- This might also open a discussion about confidence in their abilities to undertake new and challenging tasks that form part of their everyday life.
- An example of a tower of self-esteem is included below (the tower can be any shape). The goal is to create a visual building block of personal attributes or skills of the person that is doing the exercise.

