

ART THERAPY RESOURCES



FORGIVENESS

This art exercise focuses on the statement: Letting Go. Forgiveness is explained by letting go of the expectations and negative feelings associated with an experience. Forgiveness is a process that involves a series of stages that someone can work through before letting go.

When asking the client what the statement 'letting go' to them means, they can explore what that means to them and reveal what part of them they may feel they are letting go.

They may feel they are letting go of their power over their sense of identity. Or they may feel they are letting go of the anger.

All responses are personal to the individual and help identify how the client currently views their attachment and expectation of the grievance they may have with someone.

To read more about the benefits of journaling for your mental health, visit our blog post on the below link:
<https://arttherapyresources.com.au/forgiveness>

