

## Inside My Head



This exercise is to help clients recognize their thoughts and creatively express them.

Great for group or individual therapy.

Our unconscious mental patterns can dominate and determine our behavior. When we recognize our thoughts and thought patterns we can work on changing the thought, the story we tell ourselves and our behavior.

### Materials Needed:

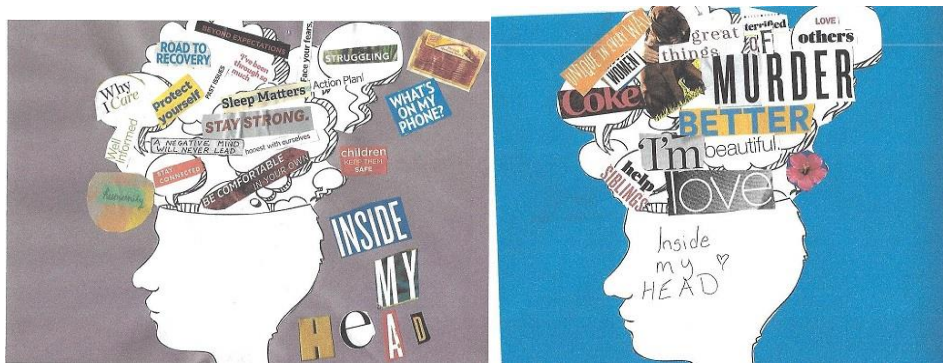
Printout of Inside My Head Silhouette

Scissors

Glue

Magazines (for younger kids, I have pre cut out words, letters and pictures so they don't get caught up trying to read the magazines.)

Music (some clients don't want to talk during. Some would rather listen to music or silence. I offer my help to find any words or letters they are looking for. We talk after they have completed collage. I give 45 minutes and then 10 to talk about it, % to clean up.)



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