SELF-PORTRAIT

Find a comfortable, quiet place where you can consider yourself fully.

Consider the following questions:

Who are you to others?

What do you look like to them?

Who are you to yourself?

What do you look like to yourself?

What is important about your features?

How do you know that you are you?

Using whatever materials you have or want, create an image that represents you.

It does not need to look like you or even look like a human. Create what feels right as you represent yourself on paper. You can be as symbolic or as literal as you choose.

Created by Shannon Kratky, MS, LIC, LPC, NCC and Eliza J. Harris.