

Ready, Breathe, Draw

Directions: Do this exercise as often as you would like to help calm yourself and bring yourself to awareness. It is like any skill—the more you do it, the better you get at it. **THIS IS NOT ABOUT ARTISTIC ABILITY.** Find an object in the room you are in or in your mind’s eye. Take a moment and think about the major and minor details of this object, allowing other thoughts to slide in and out of your mind. Breathe slowly and deeply as you do this, noticing if the object is big or small, wood or metal, old or new. Grab any writing utensil you like. (Some people like to have a special mindfulness pen or pencil given to them by their therapist or by a friend just for this exercise.) Use the space below to draw this object to the best of your ability.

Ready ... Breathe ... Draw

A large, empty rectangular box with a thin black border, intended for drawing an object as described in the directions above.

Taken from the *Antisocial, Borderline, Narcissistic, and Histrionic Workbook* by Daniel J. Fox (2015)