



Art Activity

Create a picture or symbol or find a photo that can help you remember to choose a positive Defense Mechanism when you are in a pressure situation.

Use the space below for developing ideas and create your picture on the next page. Tear out your picture and place it in a location where you will see it every day (like your bathroom mirror.) Practice visualizing it in different situations.

A large, empty rectangular box with a black border, intended for drawing. The right and bottom edges of the box feature a series of small black dots, indicating where to tear out the drawing.