

Week 4 – Transforming Tension

Intention: To express and release held frustration safely.

Materials

- Paper
- Bold tools (markers, oil pastels)

The Practice

- Think of something that has been weighing on you.
- Without planning, begin making strong marks. Press firmly. Use repeated strokes. Allow your arm to move, not just your wrist.
- After 3–5 minutes, pause.
- Now ask: what does this energy need?
Add a second layer — soften, blend, cross over, or introduce a new color.
- Notice the shift between the first and second layer.

Reflection

- Did the act of pressure change anything internally?
- Did introducing a new color alter the emotional tone?

Integration

- When tension builds this week, scribble for 60 seconds before responding to a situation.
- If this practice stirred something in you.

In my book, I explore the emotional language of color and how our creative choices can mirror the subconscious in quiet but meaningful ways. These weekly exercises are small openings into that deeper conversation. If you feel curious, the fuller framework and guidance live there.