

Case # 20

This series of work is from shared archive of my former colleague and I from several years ago. Each piece of work had done in detailed clarity within drawing and written expression.

Of course each drawing not only took sometimes to complete yet, process of completion of art work lead the client to finish, unfinished business of own.

Each session focused by given specific attention at the emerged figure at the moment that client felt and sensed.

Therefore there is no certain order in this drawings yet, the conclusion of the long process of therapy sessions are just reflect on the last three drawings with the title of: **Acceptance & Entitlement and again Entitlement**



EMOTIONAL DEPRIVATION

The central person in the picture is suffering from Emotional Deprivation. He needs affection, understanding and guidance from the others but he's always left wanting. He holds out a huge empty bowl symbolically to receive what he needs from others, but the people who could give these things have empty hands, arms crossed, closed fist, ignoring his needs. He may learn ways to cope, to pretend that he doesn't need those things, but he won't be happy. Our spirits suffer terribly in the absence of human caring. It is a need as basic as food, water and air. Ideally, every person, every creature on earth would have their emotional needs met.

A drawing illustrating emotional deprivation. It shows a central figure with a large, empty bowl. To the left and right are three other figures, each with a different hand gesture: one with arms crossed, one with a closed fist, and one with an open hand. The drawing is simple line art.

EMOTIONAL INHIBITIONS



I am controlled by Emotional Inhibition. It's like being blindfolded, gagged, straitjacketed and shackled. For good measure, I'm also under a bell jar. It's much too frightening to express my thoughts and invite scorn or ridicule. If I show my anger I risk hurting someone and/or alienating them. I don't trust the validity of my own feelings, opinions or thoughts. They may seem silly to someone else, or just wrong, or inappropriate. I'd be devastated if I were laughed at. The old saying about keeping your mouth shut and being thought a fool, or opening it and removing all doubt has always made perfect sense to me.

SELF SACRIFICE



This is someone who is trying to please everyone and fill all requests. She is holding up the world with one hand, juggling six balls with the other while twirling a ring on her ankle and one on her foot, as several people rush to her with more requests for her time and energy. It's very difficult for her to say no. A sense of guilt overwhelms her when she considers refusing a request. She wants to make people happy and convinces herself that it will work out. Of course it can't work out. She cannot maintain that level of activity for long. She will physically and mentally collapse. It isn't possible to make everyone happy. Our first obligation is to ourselves. We can't help anyone unless we look after the needs of our own mind and body first. Then we can move mountains.

PERFECTIONISM



This person has very high standards for himself and others. Everyone must 'toe the line' or risk his wrath. It is an unreasonable expectation for everyone who is pressured by the perfectionist, who himself is driven by this need to be perfect and above reproach. It must be a lonely place on his pedestal. Who could keep up to those standards?

SUBJUGATION



This is someone who represses their own needs for other people's demands. They push back their own wants and needs, they patch up the hurts and the wounds. They make it possible for others to do this to them. It will go on as long as they give permission. They hope that they'll be appreciated for their sacrifices and they don't see that they are regarded as only door mat. A damaged, torn, worn broken door mat. Don't give yourself away. Value yourself as the very special unique and wonderful person you are. No one else can be you. Your personality, your talents, everything about you was given to you alone. Celebrate the special person you are. There is no need what ever to worry about the opinion of someone who thinks of you as a door mat.

DEPENDENCE



This is total helplessness and dependency. Its someone with no arms and no legs and a hole in their head where the brain should be. They can't do anything for themselves. There is no pleasure in such a life, only existence. The limbs and brain have atrophied from lack of use. When things could have been done for oneself they weren't. Now, choice is gone. In time, what is left will be a dry hull which will blow away in the breeze.

DEPENDENCE



If you depend on someone else for what you need and want, you are giving control of your life to that person. Someone, not you, is calling the shots. Someone else controls your well being and your happiness. You may be warm, fed and comfortable but you aren't free. You have locked yourself into a steel cage. Your confinement, or your freedom is up to you. You have the wings. Reclaim your soul. Fly.

EMOTIONAL INHIBITION



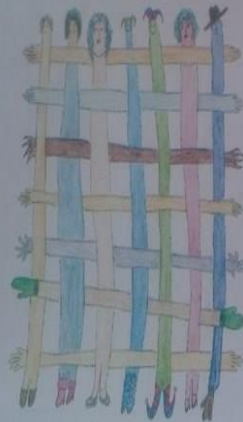
Here I am, hiding in a bag, covering my eyes, with a band aid over my mouth. I'm terrified of saying the wrong thing, doing the wrong thing, being wrong. It's very difficult to know what is expected. I can't just blurt out what I'm thinking. It seems to work for some people, but certainly not for me. Simple, ordinary things become so difficult. It's impossible for me to express anger because of the fear of alienating the person involved. Anger is a potential monster. If I say something in anger that hurts someone or makes them angry, then I may suffer retribution. I fear that rejection would destroy me. I need approval but that involves risks. To put myself on the line is to invite rejection and criticism. It seems that I'm fighting against myself, not having the courage to risk rejection but wanting approval. I imagine that if I make small risks and won small gains, it would lead to bigger risks and bigger gains, but what if, instead, I was destroyed by rejection? There are no guarantees.

APPROVAL



These people are looking to others for approval. They are building their self esteem on precarious grounds. Such people are unable to be themselves, always thriving to be what is expected of them. This way of seeing yourself is not productive or self fulfilling and ultimately it all comes crashing down. We must be responsible for ourselves. We are worthy to be who we are. It is our own approval that matters most.

ENMESHMENT



Enmeshment is the term to describe the situation when a person becomes totally involved and absorbed in the life or lives of other people such as parents, mates or friends. They become involved in the lives, thoughts and activities of the other party to the point of losing their own identity. This is a smothering relationship that doesn't allow for the growth and freedom of anyone involved. One must reclaim their lost self a bit at a time. Tiny steps, though painful, will lead to more and more areas of autonomy. It's worth the effort to finally be responsible for your own happiness.

DANGEROUS WORLD



This picture illustrates the idea that people are out to get you, and that is certainly true if you believe it. Your beliefs create your reality. When you focus on something, negative or positive, you attract it. Thoughts are tangible. They build one on another to create your life. It's entirely up to you what you attract into your life, so get what you want.

SUBJUGATION



When you give away, or let people take pieces of you, you ultimately become unable to function. Don't give away what you need in your life. You cannot help anyone if you deplete your resources. Feed your soul.

PESSIMISM



Chicken little is a pessimist. Because he felt a falling leaf touch his head, he believed the sky was falling. Even impossible things seem likely to a pessimist. They seek confirmation of their beliefs, and naturally they find it. Negativity attracts negativity and the opposite also is true.

IMPULSIVENESS



This is a person with no self discipline or self control. He expresses whatever he feels regardless of justification or the comfort of others nearby. Other drivers who incur his wrath may be yelled at, cursed at or have fists shook at them. He expects people to agree with him at all times. He wants what he wants and he wants it now. It's a very childish attitude and not at all endearing. Grown adults have been known to have public temper tantrums.. Self discipline can only be learned by practice. It is not socially acceptable to vent one's feelings at will. Other people expect respect and consideration. To indulge in antisocial behavior will ensure one's loneliness.

DEFECTIVENESS/SHAME



I am curled up in my hole in the ground. I cover my face in shame. I am surrounded in shame. If anyone sees me they will know how I really am and they'll be disgusted. I try to act like a nice person, someone loveable and maybe I will become that. Above me are my blankets to cover and protect me. They're lifting up a little. I seem to need them a little less. In the sky the sun is coming out. It will dissolve my barrier because I will no longer need them soon. I will fill in the hole in the ground, stand up, and smile and be a nice lovable person. Just thinking about it makes me so happy!

FAILURE



This is a person who feels that he is a failure. He believes that everything he does fails, and it will always be that way. When you focus on one aspect of your life, that is all you see and that becomes your reality. Failure is assured because the message is impressed on your brain. When you look for success you'll find it. When you believe in success, it will replace failure in your life. The choice is yours. Go for the sunshine.

UNFORGIVING



This guy believes that everyone should be punished for every possible error they have ever make. He believes that its his job to keep track of all mistakes and mete out punishment as deserved.

Human error is not an excuse for mistakes. It is an unhappy and lonely life being the caretaker of all wrongs.

SOCIAL ISOLATION



Social isolation is a terribly lonely state to be in. One feels cut off from everyone else, and not a normal person at all. Everyone else has their life and interests and no one even notices you. You are lost in your own world so you certainly don't draw the interests of people around you. Remember that nothing stays the same. Sooner or later you will find your way back.

INEVITABLE DOOM



This picture represents someone who believes that he is doomed to bad luck and that disasters will happen to him all his life. When you focus on the negatives that is all you see, so the supposition becomes true, but it doesn't have to. The choice is yours.

ACCEPTANCE



MOTHER AND
CHILD IN
PERFECT
UNCONDITIONAL
LOVE AND
ACCEPTANCE

ENTITLEMENT



I am the sun, moon and stars. I am the universe. Nothing or no one is more important than I am. Of course the only valid opinions are mine. I am liked by everyone because I am so intelligent, so amusing, so interesting! Some days I just can't decide who to bless with my company. (Being perfect actually seems boring.)

