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## Creative Interventions and Activities Clearinghouse

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# Lines of Feelings: Helping Clients Enhance Their Relationships Through Artwork

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**Purpose:**

The purpose of this creative intervention is to help clients enhance their relationships and move the counseling session to a new level using art.

**Materials Needed:**

Markers, crayons, and paper

**Procedures:**

At times, some clients cannot find words to express their emotions, but they can have a strong sense of those feelings. To help the clients with awareness and expression of those emotions, clients draw lines representing their emotions using various art mediums (e.g., markers, colored pencils, paints, and crayons). The lines may vary in length and shape. Jagged, rough lines can be in red and orange, and they can signify anger or discontent. Smooth, flowing pastel colored lines can be used to represent peacefulness. Depending on the stage of counseling and the issue presented, the approach the counselor takes will vary. One approach is to ask clients to draw lines that represent their feelings at the present moment. Clients then explain the lines and draw what they hope the lines will become in the future. An alternative approach is to ask the clients to reflect on specific past, present, and future events that relate to the issues that they are struggling with. Using lines, clients draw out feelings associated with the events and interactions.

**Process Questions and Follow-Up:**

The counselor uses the line drawing to help the clients process their thoughts, feelings, and behaviors.

**Practice Setting:**

Mental Health Agency/Private Practice