

My Character's Story

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Purpose:

The character story activity uses imagery and creativity to help clients understand how they feel in the present moment while expressing themselves through an imaginary character and a story, with a means of self-understanding. This activity helps clients develop emotional understanding of the self, used with a creative junction of storytelling and other media use.

Materials Needed:

Paper, markers, crayons, and stickers

Procedures:

1. Introduce the exercise to the client as an activity that can be used for self-understanding.
2. Instruct the client to bring his/her attention to himself as well as surroundings, such as family and friends.
3. Ask the client to take a few moments to establish a connection with how they feel about themselves and how they are portrayed in his/her surroundings.
4. Have the client identify himself/herself through imagination (i.e., character) using whatever materials they intend to.
5. Invite the client to consider how his/her character connects them to the surrounding world as well as what type of emotions it arises. Have the client portray the character with whatever power they want, whatever media they wish to use, and however they want to look.
6. Instruct the client to create a story using his/her character.
7. Have the client take a few moments to relax and continue to deepen his/her sense of self-awareness.
8. Direct the client to write down thoughts and emotions and then connect them to the story through reflection.
9. After the client has completed the drawing, invite the client to reflect onto the drawing with questions below.

Process Questions and Follow-Up:

1. What was this activity like for you?
2. Why did you visualize yourself as this type of character?
3. Why do you feel others portray you in that way?
4. Why did you choose the powers and colors that your character has?

5. What did it feel like for you to see yourself this way?
6. How can you use this activity to help emotional self-understanding?

Theoretical Rationale and/or Research Base:

This activity is based on Person-centered and Existential therapy. This activity focuses on self-awareness and understanding as the drawing is based on how the client sees his/her self, in the present moment.

Limitations:

Allow for time for the client to process the story, especially when working with children. Also, take culture into consideration based on values, beliefs, and traditions on self-understanding.

Practice Settings:

Counselor Education and Supervision
Mental Health Agency/Private Practice Counseling
School Counseling