

REFLECTING WITHOUT WRITING

Colour and Drawing

Express without needing words

A practical guide with no written answers required.

START HERE

A way to reflect that fits you

A colour, line, shape or mark can show something about an experience without turning it into a written explanation. There is no artistic standard to meet. A dot, a scribble, a boundary or a blank page can all be useful choices.

What this approach can offer

Creative marks may help you notice intensity, distance, change or mixed feelings. You do not need to decide that a colour always means one particular emotion. The meaning can belong to you, change over time, or remain uncertain.

Set it up gently

Choose a pen, pencil, crayon, digital drawing tool or just imagine a mark. Use whatever feels comfortable to hold and look at. If materials are tiring or messy, choose a colour card or point to a shape instead.

When it may be useful

A colour or simple mark can show size, distance, energy or change without turning an experience into a written explanation. The page does not need to look like anything, and nobody else needs to interpret it.

A few reminders

- There is no right answer or correct way to take part.
- You can use a word, gesture, choice, image, AAC, pause or silence.
- You can skip, change or stop the activity at any point.

You are the person who decides what your response means.

TRY IT

A short guided practice

Move through these steps at your own pace. You can do one step and stop, or ask someone you trust to read each step aloud.

1. Choose a small focus

Think of one moment, feeling, preference or decision from today. Keep the focus small enough to approach without explaining everything.

2. Try the method

- Step 1. Choose a colour or tool without asking whether it is the right one. You may choose more than one.
- Step 2. Make a line, shape or area that shows the size, energy or distance of what you are noticing. No pictures or words are required.
- Step 3. Look at the mark from a little distance. Notice where it is on the page, how much space it takes, or what is around it.
- Step 4. If you want, add a second mark to show what might help, what is outside your control, or what you would like to protect.
- Step 5. Decide what you want to do with the page: leave it, change it, fold it away, keep it private or recycle it.

3. Let a question guide you

- If this moment had a colour, what would I choose?
- Would a line feel close, far away, still or moving?
- What small mark could show what I need more of?

A short example

You place a dark shape near the page edge and add a lighter line beside it. You notice the shape feels private and the line suggests a little room to move. The image does not need further explanation.

4. Choose how to finish

Notice whether you want to continue, pause, ask for support, take one practical step or leave the reflection unfinished. No written record is needed.

MAKE IT YOURS

Adapt the activity to your needs

The method should fit the person, not the other way around. Keep what helps and change anything that adds pressure.

Ways to adapt

- Use a single mark or select from pre-made colour cards if drawing takes too much effort.
- Make marks with a finger on a screen, move a magnet, choose a colour on a display, or ask someone to draw while you direct them.
- Try large tools, high-contrast materials or a digital option if fine-motor control, vision or fatigue affects what works.

Keep it workable

Choose materials that feel easy to use. You can point to a colour, move a card, use a digital tool or direct another person to make a mark you describe. Change or discard it whenever you want.

When to pause

You do not need to show or explain your drawing. Stop if a mark or image brings up more than you want to hold right now.

Take something with you

The purpose is expression and noticing, not producing something attractive or making a permanent record.

A gentle reminder

Reflection can be spoken, shown, felt, chosen, moved through or shared. You do not have to turn an experience into writing for it to matter.

For more support, you can speak with someone you trust or a qualified professional. Space to Breathe Therapy can be contacted to ask whether its support may be right for you.