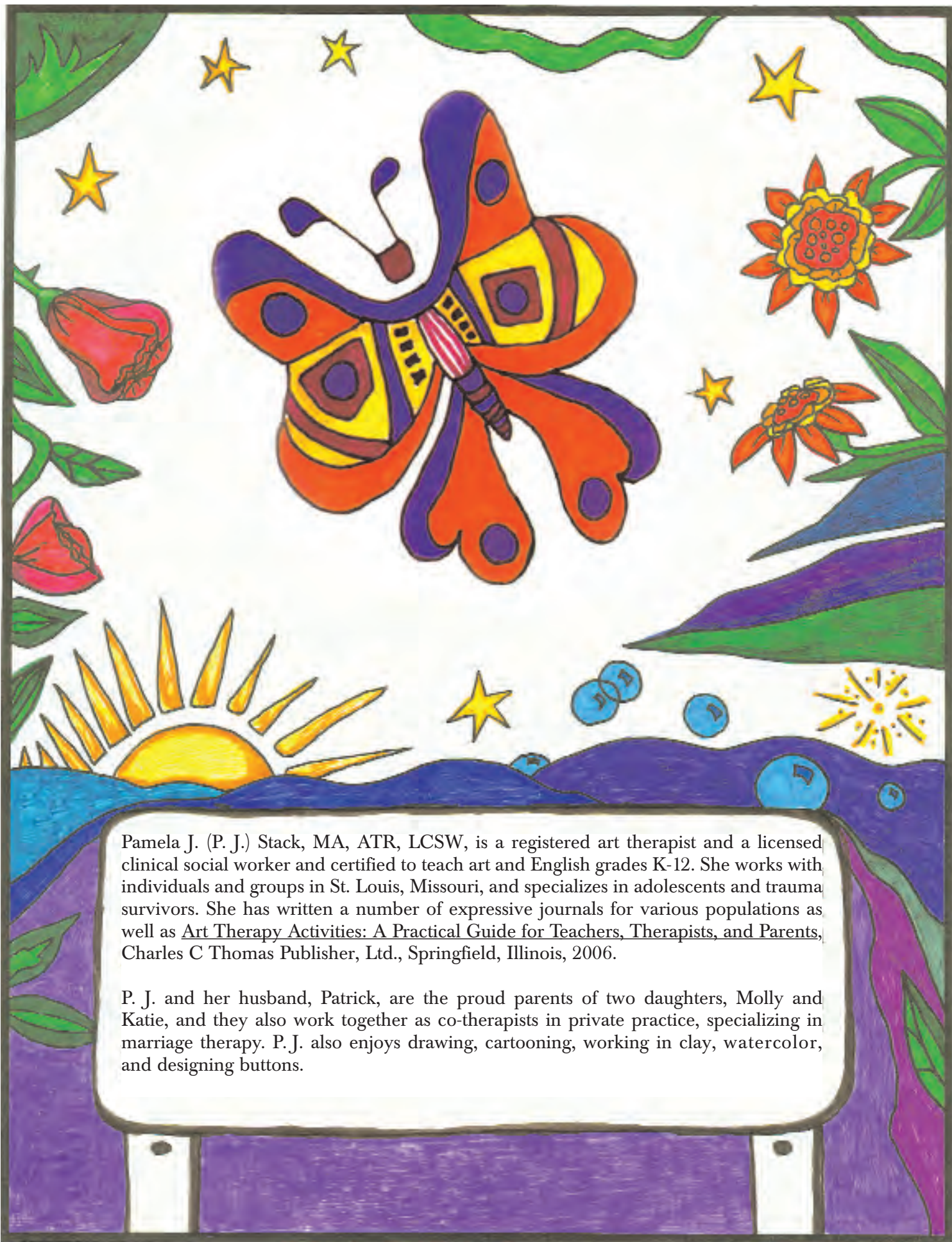


MY RECOVERY ZONE



Pamela J. (P. J.) Stack, MA, ATR, LCSW, is a registered art therapist and a licensed clinical social worker and certified to teach art and English grades K-12. She works with individuals and groups in St. Louis, Missouri, and specializes in adolescents and trauma survivors. She has written a number of expressive journals for various populations as well as Art Therapy Activities: A Practical Guide for Teachers, Therapists, and Parents, Charles C Thomas Publisher, Ltd., Springfield, Illinois, 2006.

P. J. and her husband, Patrick, are the proud parents of two daughters, Molly and Katie, and they also work together as co-therapists in private practice, specializing in marriage therapy. P. J. also enjoys drawing, cartooning, working in clay, watercolor, and designing buttons.

MY RECOVERY ZONE

An Expressive Journal for Myself

By

PAMELA J. STACK, MA, ATR, LCSW



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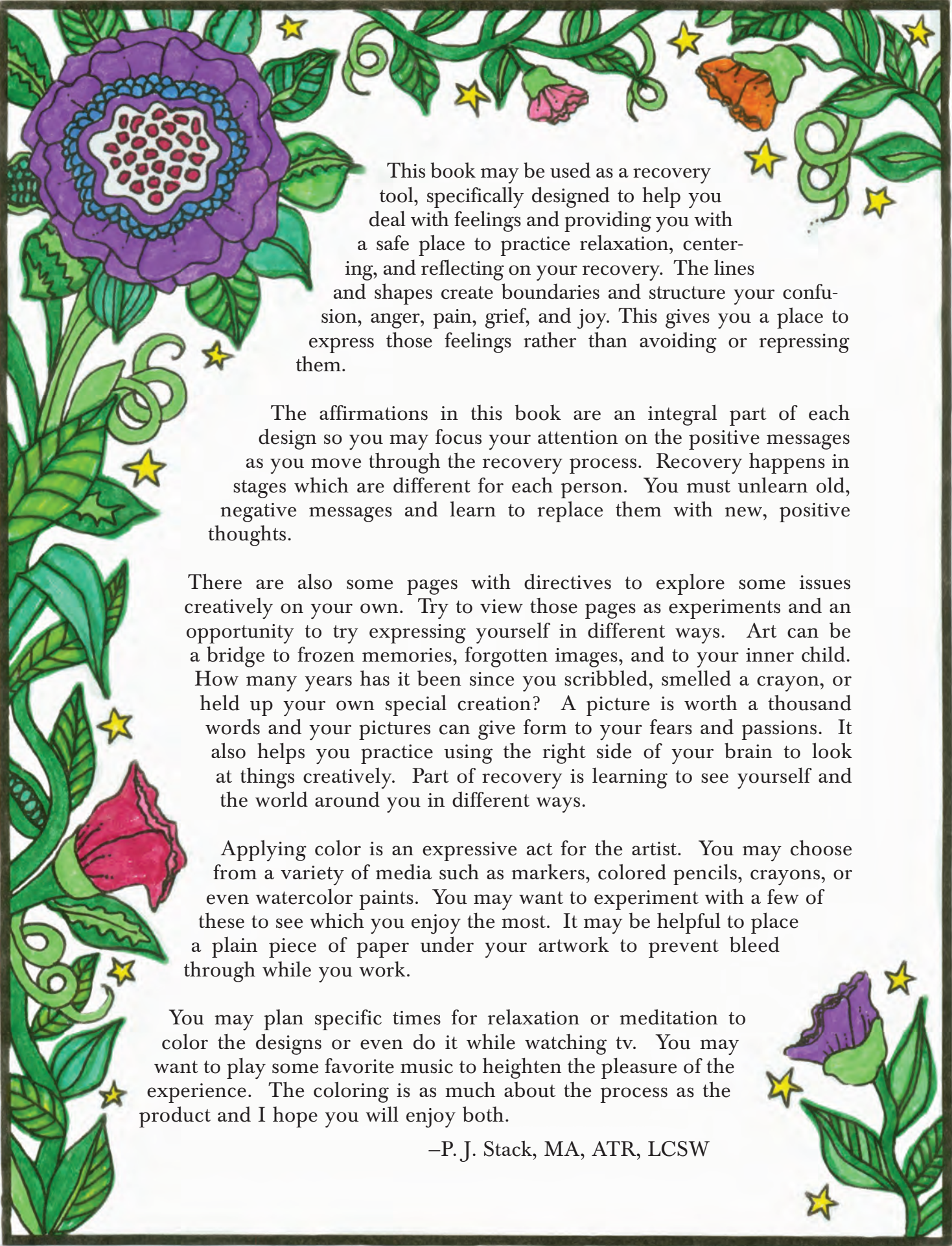
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This book may be used as a recovery tool, specifically designed to help you deal with feelings and providing you with a safe place to practice relaxation, centering, and reflecting on your recovery. The lines and shapes create boundaries and structure your confusion, anger, pain, grief, and joy. This gives you a place to express those feelings rather than avoiding or repressing them.

The affirmations in this book are an integral part of each design so you may focus your attention on the positive messages as you move through the recovery process. Recovery happens in stages which are different for each person. You must unlearn old, negative messages and learn to replace them with new, positive thoughts.

There are also some pages with directives to explore some issues creatively on your own. Try to view those pages as experiments and an opportunity to try expressing yourself in different ways. Art can be a bridge to frozen memories, forgotten images, and to your inner child. How many years has it been since you scribbled, smelled a crayon, or held up your own special creation? A picture is worth a thousand words and your pictures can give form to your fears and passions. It also helps you practice using the right side of your brain to look at things creatively. Part of recovery is learning to see yourself and the world around you in different ways.

Applying color is an expressive act for the artist. You may choose from a variety of media such as markers, colored pencils, crayons, or even watercolor paints. You may want to experiment with a few of these to see which you enjoy the most. It may be helpful to place a plain piece of paper under your artwork to prevent bleed through while you work.

You may plan specific times for relaxation or meditation to color the designs or even do it while watching tv. You may want to play some favorite music to heighten the pleasure of the experience. The coloring is as much about the process as the product and I hope you will enjoy both.

—P. J. Stack, MA, ATR, LCSW