



20 QUESTIONS FOR SELF-REFLECTION

To supplement your art practise

DEAR FRIEND – PLEASE REMEMBER

It is best if these questions come from a place of curiosity. If you feel your answers are judgmental, critical, anything besides curiosity and interest, then try to politely ask these voices/thoughts/ideas/parts to step aside while you reflect on your art. Self-compassion is your friend, and a great peer for when you do reflection – invite your Self-compassion to be present as you ask:

- Which was your favourite part of your session today?
 - Can you identify why?
 - If you want to, is there a way to experience more of that when you do art?
- Likewise, did you have a part that you didn't enjoy?
 - Do you know why that is?
 - Would you like to sit with that reason and understand and experience it?
 - Maybe you want to find a solve?
 - Eg. I didn't enjoy when I had to use my embossing powders, because they were messy. Then research ways to clean up powder better after use, maybe there is a way you have not seen before? You never know.
- Which colours spoke to you the most today?
- Do you associate any feelings with these colours?
- Did you try or learn anything new today? In terms of technique, supply, ideas...





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- Do you see yourself returning to any of those new techniques or supplies or ideas?
- Did you perhaps already see yourself returning to any usual techniques or supplies or ideas?
- Were there any accidents or mishaps?
 - Were you able to turn them around? Incorporate them? Change them?
 - If not, can you perhaps now see a way to?
 - If not, can you ask if this is always the case with mishaps while you paint? (So more a mental barrier or skill barrier)
- Did you notice any barriers or internal resistance when you started to do something in your art today?
- What do you think your art means or represents?
 - *This can be a difficult thing to do at first. Trust your intuition, if your head says this art is about “Me disliking tomatoes” and that creates some sort of reaction in your heart space, trust that this is what the art is about [either at the surface or in some deeper way].*
 - *The point is not to get some deep existential answer, though those can be fun 😊 the point is to get used to you asking questions about what your art may mean.*
- Can you pin-point anything during the art process that you either pushed towards or away from? It could have been done unconsciously or consciously.
- Can you say why you may have reacted this way?
 - *E.g. didn't use my oil pastels, because they are a difficult medium for me, and I am not confident in using them yet. I wanted to enjoy what I was doing and didn't want to struggle with figuring them out.*





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- If you HAD to name three good things about the art session, what would they be? Try your best to name 3, even if you repeat 1 reason 3 times 😊
- Is there anything you want to do differently next time? Or do more of?
- Were there any ideas I had during the session that I want to explore further?
 - With regards to myself, my thoughts, beliefs, emotions?
 - With regards to art; ideas for themes, new paintings, other art?
 - With regards to my physical space; how things are set out, accessibility?
 - With regards to my body; do I have enough energy, do I sit comfortably?
 - With regards to others; was I interrupted during my session, was I able to focus on me, do I need to make sure I take my dog out for a wee before I paint?
- Did you use inspiration when you painted from your life, a story, another artist, or culture?
 - This will help you understand where your inspiration comes from, while also encouraging you to be aware and respectful in how you're inspired





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- Do I want to participate in sharing my art with my community [usually social media]?
 - I found that in the past, right after I painted something I would share it, because I was excited, and maybe I needed some validation. That also meant I didn't know my art yet on the conscious level and was not prepared for any real feedback [good or bad]. When you share, make sure you've asked yourself the question!
- At any point in painting, if you got feedback about your work, whether unsolicited or solicited, from others or even yourself(!), can you see any change in your energy, motivation, or desire to paint?
 - If you notice any 'negatives', sit with them and consider if it may be worth protecting and cocooning your inner artist for a bit while you paint.
- If you had to describe your artwork using language that talks about more than colour, what would you say about it? About the textures, shapes, line work, saturation, different mediums?
- When I created my art, or when I view my art, do I feel any sensations in my body? Or around my body?
 - Where does it lie?
 - Does it have a colour? Or a texture?
 - Does it look like anything?
 - Do I feel comfortable enough to identify it, or try to identify what it is that I feel?
 - Am I able to spend time with this sensation, or not?

