

What all...  
I mean, I don't want to waste my ch...

I actually am, and who I want to be  
when I was younger, the dream of my  
ancestors but I am first  
opportunities in life, the  
time over an  
energy, the fact I feel like I own  
myself, I feel ungrounded in the  
world, I feel like  
Today I feel huge anxiety over  
Things on my  
Chest  
feeling even though  
philosophy that I would have only  
aspect, my energy is so inconsistent  
this is who you are largely I am anxious  
I want to be that person who worked, but  
this is who you are largely I am anxious

# Things On My Chest

a quick journaling exercise  
I use in my life...

# More about Me, Tamara



*most constipated smile 2022*

I am a South African Mixed Media Artist. Who now lives in Warsaw Poland.

I used to work a corporate job, and was doing well career-wise, but that was where the happiness ended for me.

I was suppressed, angry, stressed out, and defeated on the best of days. Then I discovered art, and it allowed me to start healing, uncovering myself, and generally become a better human!

I love to use art to 'Unearth myself', enjoy making weird work, vlogs, and being experimental in my art.

**Come connect with me on all the socials...**



**Courses I am Currently Teaching On...**

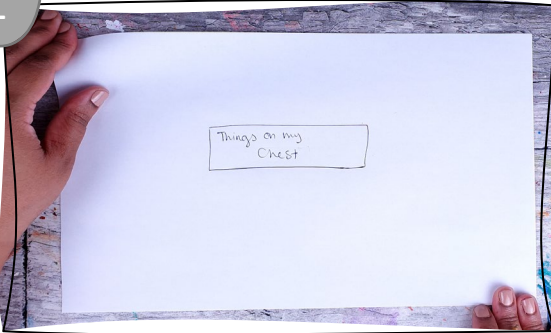




# Technique

Using: A4 Copy Paper and a ballpoint pen(s)

1



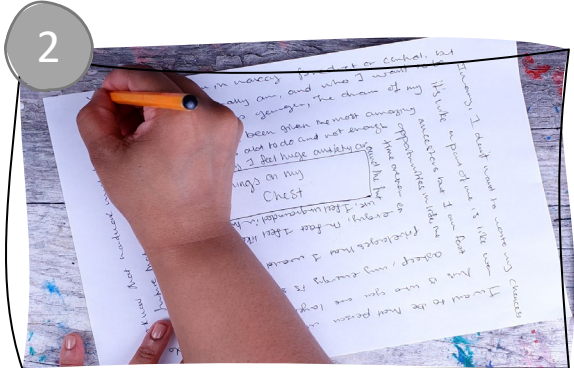
Draw a rectangle in the middle of your paper. Write down: “things on my chest/mind” or even a subject weighing you down.

Hold the top corner of the page as you write to easily rotate the page as you finish writing.

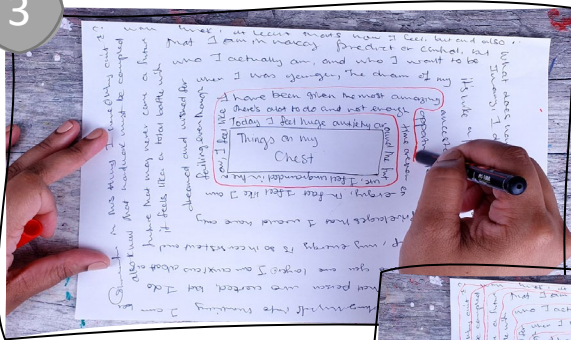
Start writing, in a free flow about what's on Your mind. Be honest, open, and don't judge, Just write. Avoid period/full stops as you write.

Eventually you will have a page filled with your thoughts – some not even related to the subject. I don't read this, that's not my aim.

2

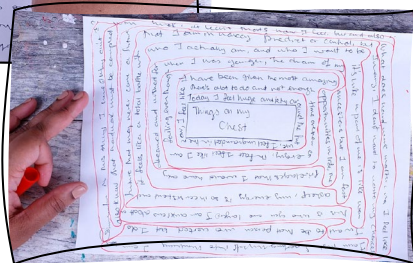


3



I use a pen to draw a pathway around all the words, like a maze. That's to disconnect from what I just wrote, to focus on a path.

It doesn't have to be neat it doesn't have to be aesthetic.



4

Now it's time to trash the page!

Doing so for me, removes the high charge I feel with what I wrote, as well as obliterates it, so that I don't have the chance to look back at it and judge harshly.

Tear it up. Paint it over. Throw it away. Burn it! (exercise caution and be safe with fire please ; )



# Final Thoughts

- The more I employ this exercise, the less resistance I feel towards it.
- Sometimes it can be very exposing (to yourself as no one will see this page), to write what is in your mind
  - That is why I advise not re-reading it, and not judging it.
- Searching questions you can ask, if you're stuck at the writing phase?
  - Where are these feelings physically manifesting on/in my body?
  - Do my feelings have a colour?
  - What do I really want to say? Bitterness, swears, anger, revenge – nothing is off limits.
- Other
  - When trashing your paper, enjoy the destruction IF that is your jam – it is mine!
  - You can also bury your paper, drown it, or let the ash scatter in the wind (please be mindful of Mother Earth and don't pollute)
  - Please remember to have support if you work through hard topics!
  - This is not a replacement for therapy.

**Please share any work or thoughts  
with me!**

**I always love to hear from you!**

