

## CLAY BY CLAY

### ANGER

1. Take a deep breath, close your eyes, and recall a time when you were angry. Locate the feeling of anger in your body. Imagine reaching into your body and taking out a piece of that anger, represented by the clay. Open your eyes and pick up a piece of clay that feels comfortable to hold in your hand.
2. Hold the clay in your non-dominant hand. As you do so, imagine how you would like to work or shape the clay with your dominant hand. Take one minute to visualize this work, continuing to use deep, steady breathing while you do all steps of the exercise.
3. Transfer the clay to your dominant hand and work the clay with your dominant hand only. Are your movements the same as you rehearsed or different?
4. Work the clay with both hands. How do your movements differ while using both hands?
5. Process to explore any insights to your approach to anger.

### TRANSFORMATION

1. Return the clay to your non-dominant hand, repeat deep breath and close your eyes. Visualize the color and shape of working to change the anger, the shape of the anger. How would you work with the clay? Would you tear it, flatten it, round it, etc.?
2. Transfer the clay to your dominant hand. Work the clay to form the shape/image of changing or coping with your anger.
3. Work the clay with both hands to refine your image and intention, again paying attention to your movements.
4. Process to explore any insights, hopes, wishes, challenges that arose during art making. Identify current affect, level of intensity of affect, and take a deep, cleansing breath. Congratulate yourself for using the clay to aid you in working with your anger and transformation.

### THE CHANGE

1. Again close your eyes, take a deep breath. This time, take some time to visualize how your anger would look if it were changed (all or in part).

2. Pick up the clay and hold it in your non-dominant hand. Visualize how you would like to work with and shape the clay to represent the successful change. What movements would your hand make? How would the clay respond?
3. Transfer the clay to your dominant hand. Work and shape the clay to show your image or symbol for your successful change, your image of successfully coping with your anger. Pay attention to the feel of the clay and the movements of your hand and arm.
4. Process the completed image. Review all steps, describing them aloud and visualizing them, recalling the feelings and affect in your body as you worked. How did mentally rehearsing your actions, thinking before you acted, effect your behavior, your art? Your affect? Process any insights.
5. You may choose to complete the steps to form an image of your choosing. Again congratulate yourself for giving yourself the time and opportunity to appropriately work with your anger and work toward change. Process final image.

\*\*Adapted from "Clay by Clay," pg. 121, *Good and Mad: Transform Anger Using Mind, Body, Soul and Humor*. Jane Middleton-Moz, Lisa Tener, and Peaco Todd.