

Writing Prompts

Exploring the nuanced understanding of dysfunctions that arise from childhood abuse can be a powerful way to process and heal. Here are some prompts designed to foster intuitive insights through non-dominant hand art:

Art-Based Prompts

- **The Walls Around Me:**

Draw the walls or barriers that you feel have been built around you due to past experiences. Write about how these walls protect you, but also how they might limit your growth, and explore ways to gently dismantle them.

- **Whispers of the Past:**

Illustrate the voices or influences from your past that still echo in your life today. In writing, decipher what these whispers say and consider what truths you wish to keep and what falsehoods you're ready to release.

- **Shadow Self:**

Use your non-dominant hand to represent the darker parts of yourself or aspects that you might find challenging. Write a dialogue between your conscious self and this shadow, exploring any fears, needs, or lessons it holds.

- **Roots and Wings:**

Create an image depicting both roots and wings using your non-dominant hand. Reflect on how your past has shaped your foundation, and how you can use this understanding to grow and achieve freedom.

- **Masks We Wear:**

Draw various masks representing the roles or personas you have adopted as a result of your experiences. Write about the purpose each mask serves and what it would be like to live authentically without them.

- **Web of Connection:**

Illustrate a web, with threads representing relationships and connections influenced by past dysfunctions. Write about how certain patterns may continue to play out and identify threads you wish to strengthen, alter, or let go.

- **The Cycle of Pain and Healing:**

Depict a cyclical pattern, with both chaos and calm using your non-dominant hand. Write about moments you have moved through this cycle, identifying triggers and successes in breaking negative loops.

- **Inner Landscape:**

Use abstract art to depict the landscape of your internal world—peaks, valleys, storms, and sunlight. Write about how you navigate this terrain, and what provides you with guidance and hope.

- **Voice of Wisdom:**

Draw an intuitive guide or figure that represents inner wisdom using your non-dominant hand. Engage with this figure in writing, asking for insights or messages related to your healing journey.

- **Seeds of Change:**

Sketch seeds or plants, symbolizing new possibilities and growth arising from past dysfunctions. Reflect on what you are nurturing and the potential transformations you envision for yourself.

Introspective Writing Prompts

- **Unseen Threads:**

Reflect on an invisible thread from your past that weaves through your current behaviors or beliefs. Describe how this thread influences your life and any moments of clarity that have helped you recognize its presence.

- **Inherited Patterns:**

Write about a pattern or belief you feel you inherited. Explore when you first noticed it and how it has shaped your interactions or decisions. Consider its origins and how you might transform it moving forward.

- **The Language of Silence:**

Consider the unspoken rules or expectations that governed your life growing up. Write about what was conveyed in the silence and how this has impacted your ability to express your needs and desires today.

- **Echoes of Dysfunction:**

Describe a moment when you caught yourself responding from a place of past dysfunction rather than present reality. What triggered this response, and what does it reveal about unresolved aspects within you?

- **Dual Realities:**

Explore the concept of living with dual realities—what you experienced and what you wished could have been. Write about how navigating these realities has shaped your resilience and understanding.

- **Protective Armor:**

Identify the emotional armor you've developed as a shield against past hurts. Discuss its purpose, how it has served you, and moments when you felt ready to lay it down and experience vulnerability.

- **Map of Associations:**

Create a mental map of associations tied to significant experiences from your past. In writing, trace how these associations influence current emotions or reactions and the insights gained from examining them.

- **Quiet Longings:**

Delve into a quiet longing or unfulfilled need from your childhood. Write about how this longing manifests in your present life and any ways you've sought to fulfill it in healthier contexts.

- **Intuition Unveiled:**

Recall a time when your intuition nudged you to question a dysfunction or belief. Write about how honoring that inner voice helped you move toward healing or understanding.

- **Awakening Compassion:**

Reflect on an experience or realization that sparked compassion toward yourself or others who share similar dysfunctions. How has this understanding influenced your path to healing and growth?

These prompts aim to deepen self-reflection, unraveling layers of past influence to foster healing insights and intuitive understandings.