

## FORMATIVE WORK: MAKING A SOMAGRAM

Somagrams are somatic - emotional images that reveal a public and a private layer. Somagrams are images that portray your story. Your body is the “true story-teller of your life”.

in a moment you will Make an image on your pad that captures (realistically or symbolically) the feeling of your story. Start by drawing the outline of your body including all its parts: head, neck, shoulders, arms, hands, chest, belly, genitals, legs, thighs, feet. Project the qualities of your inner experience and make visible on paper your somatic emotional state.

and you will Draw a Somagram that depicts you as you experience yourself (not as an accurate or beautiful work of art). Let your imagination reflect your emotional organisation. Imagine having a conversation with yourself, looking at you, for you, to see what you look like from your own experience of yourself, how you perceive yourself. This conversation with yourself is part of the pattern of seeking, seeking who you are and forming a very personal identity.

There are many stories your body tells you; some you experience on the inside and others on the outside. Draw these anatomical, emotional, cognitive and behavioural stories on your Somagram.

A Somagram shows your present situation, how you feel, where you hurt, need help, what you think and feel about yourself.

Somagrams are not concerned with how you appear to others but how you organise your experience of you on the inside.

Asking HOW you form yourself might help you develop your Somagram. For example:

1. How do I restrict my neck/jaw/chest?
2. How do I keep myself as a “good/bad person?”
3. How do I experience “what is wrong with me?”
4. Which part of my body carries most tension?
5. Where do I carry/hold my emotions?
6. What story does my body tell and send out into the world?