

Articulating with Art

In this exercise we explore our current thoughts and feelings, by looking over a selection of artworks and choosing one which resonates the most.

By evoking an intuitive choice, we gain an initial sense of our current mind state. By then observing the features of this artwork, we can further understand whether there is something in the art which captures how we presently feel.

This exercise can be useful for those who struggle with articulating or expressing through words. It can help us recognise either how we currently are, how we want to be or how we don't want to be, based on our responses to the artwork.

- Find a gallery, book or website with an array of different artworks to choose from. This works best when you are able to see many artworks at once.
- Start to glance over the various paintings with a swift pace, not stopping to notice any details, but pausing long enough to take in all of the colours.

In a gallery this could be looking around the room, in a book it could be flicking from page-to-page, on a website it could be scrolling through.

- When you find yourself naturally wanting to stop or to go back over and look again, pause on this painting.
- Take note of any immediate thoughts you have.
- Start to take in the feeling of this painting.

Does this painting have an obvious mood? Did any particular colour stand out? Any particular emotion? Does it evoke the senses? Is it warm or cold, dry or wet? Are there tastes, smells and sounds?

- Start to take note of the subject matter.

Is there a story? Does this painting say something which you can relate to? In noticing the detail, do you now feel more connected or less connected? If a portrait, does this person's face say something? Are they relatable?

- Notice any recurring themes.

Was there something in this work that you kept noticing? Was there something which really stood out or made sense?

- Notice your own response.

What was your response? Did you feel in a similar mood to the painting? Did you relate with the subject matter? Are your thoughts or feelings in contrast to the painting? Is there something you don't like? Is there anything, thought or feeling that you desire in the painting? Do you feel the same from before, more, or less so since viewing this painting?