



The Scribble Technique

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The Scribble Technique is often used in art therapy to loosen people up and inspire their imagination. The scribble technique gives us a chance to let our minds "speak" in a new and different way. We get a glimpse of our inner workings that we did not have before. This can be particularly helpful if we direct the exercise toward something we are struggling with because it will reveal more of our assumptions and beliefs about that situation. From there we can not only observe how we are interpreting the situation but also determine if there are different meanings that might be revealed. This gives us more awareness of our minds, the meaning-making process, and ultimately, our happiness. The images above were all made from the scribble below.



Use that scribble (a larger version is on the next page) or make your own scribble by randomly drawing lines on a piece of heavier paper so there are enough lines to create some options but not too many that the page is completely covered. Hold the paper at different angles until you see some form(s) and shape(s) that you might develop. Use any materials (markers, pencils, paints) to build your image. If you have a situation that you are struggling with, you can focus on "asking" the scribble for more information. When you've finished, reflect on what your mind presented to you. Without any need to change them, what meanings, positive or negative, are revealed?

