

STARTING THE SEARCH

Person drawings can reveal personality traits and lead you to lost parts of the self. Draw a picture of *any* person of your choosing on a blank sheet of paper with a pencil. Artistic quality is unimportant, but do your best. Draw before reading further!

Person Drawing	
<p>Directions: Mark any of the following characteristics that you see in your drawing. Examine the proportion of one part to the rest of the person to determine if it is large or small.</p>	
<p>Placement</p> <ul style="list-style-type: none"> <input type="checkbox"/> Central: normal, self-directed <input type="checkbox"/> Side edge: feeling suppressed <input type="checkbox"/> Left side: impulsive, extrovert, past oriented <input type="checkbox"/> Right: controlled, inhibited, future oriented <input type="checkbox"/> High: ambitious, optimistic, fanaticizes, aloof <input type="checkbox"/> Low: insecure, inept, depressed; but can be calm, down-to-earth, thoughtful thinking, stable <input type="checkbox"/> Bottom edge: needs support, fears independence, depressed <p>Size</p> <ul style="list-style-type: none"> <input type="checkbox"/> Normal: about 3/4 of the paper height <input type="checkbox"/> Very large: aggressive, egotistical, overreactive, manic <input type="checkbox"/> Very small: inadequate, inhibited, withdrawn, anxious, shy, depressed <p>Line Quality</p> <ul style="list-style-type: none"> <input type="checkbox"/> Firm or curving: secure, flexible <input type="checkbox"/> Jagged: hostile, impulsive <input type="checkbox"/> Sketchy: insecure, timid, compulsive <input type="checkbox"/> Long strokes: controlled, reserved <input type="checkbox"/> Short strokes: excitable <input type="checkbox"/> Scribbling: excitable, hyperactive <input type="checkbox"/> Vertical: assertive, determined, hyperactive <input type="checkbox"/> Horizontal: weak, fearful <input type="checkbox"/> Very straight: compulsive, aggressive <input type="checkbox"/> Shading: anxious, submissive <input type="checkbox"/> Heavy shading: agitated depression <input type="checkbox"/> Light pressure: timid, inept, low energy <input type="checkbox"/> Heavy pressure: tense, high energy, ambitious, aggressive, suspicious <input type="checkbox"/> Excessive erasing: uncertain, restless, dissatisfied, anxious <p>Style</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ground line drawn: need for security <input type="checkbox"/> Extreme symmetry: compulsive <input type="checkbox"/> Asymmetrical: attention deficit, excitable <input type="checkbox"/> Transparencies: poor judgment, flashy <input type="checkbox"/> Lack of detail: withdrawn, empty <input type="checkbox"/> Excessive detail: compulsive, hypersensitive, manic 	<p>Head (intellect and fantasy)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Large: intellectual, aggressive, fantasizes <input type="checkbox"/> Small: feels inept, helpless, weak <input type="checkbox"/> Hair emphasis: sexuality, self-absorbed <input type="checkbox"/> Hair lack: sexual inadequacy, low energy <p>Face (communication, reality contact)</p> <p>Eyes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Large or emphasized: suspicious, anxious, hypersensitive, proper <input type="checkbox"/> Small or closed: introverted, hostile <input type="checkbox"/> Pupil omitted: guilt, introverted, isolated <input type="checkbox"/> Button or circle eyes: immature <input type="checkbox"/> Eyebrows arched or raised: critical, refined <input type="checkbox"/> Bushy eyebrows: gruff, uninhibited <p>Ears</p> <ul style="list-style-type: none"> <input type="checkbox"/> Large: poor hearing, sensitive, suspicious <input type="checkbox"/> Omitted: normal or avoidant <input type="checkbox"/> Question marks: suspicious <p>Nose (sexuality, power, stereotypes)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Button or triangle: immature <input type="checkbox"/> Pointed: aggressive <input type="checkbox"/> Omitted: shy, depressed <input type="checkbox"/> Underemphasized: guilt, envy, hostility <input type="checkbox"/> Overemphasized: sexual inadequacy, depression, aggression <p>Mouth</p> <ul style="list-style-type: none"> <input type="checkbox"/> Emphasized: dependent, critical, immature <input type="checkbox"/> Full lips or cupid bow: sexual, flashy <input type="checkbox"/> Open: passive, dependent <input type="checkbox"/> Wide, upturned line: compliant, congenial <input type="checkbox"/> Omitted: guilt, depression, isolated <input type="checkbox"/> Tiny: independent, compulsive, arrogant <input type="checkbox"/> Frown: passive, dependent, depression <input type="checkbox"/> Teeth showing: aggression <input type="checkbox"/> Objects in mouth: sexual needs/aggression <input type="checkbox"/> Slash or short, heavy line: (cautious) aggression, critical <p>Neck (separates intellect and emotion)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Short, thick: gruff, stubborn, rigid, impulsive <input type="checkbox"/> Long: cut-off emotions, rigid, formal, moral <input type="checkbox"/> Single line: poor impulse control <input type="checkbox"/> Omitted: impulsive, immature

<p>Torso (drives and emotions)</p> <ul style="list-style-type: none"> __ Large: unsatisfied drives or goals __ Long or narrow: isolated __ Rounded: passive, feminine, immature __ Shading: anxiety about impulses __ Small: denial of feelings, inferiority <p>Shoulders (power)</p> <ul style="list-style-type: none"> __ Neatly rounded: normal __ Large: feeling strength, power __ Pointed/square: pushy, hostile, defensive __ Tiny: feeling inferior or inept <p>Waist (separates strength from sexuality)</p> <ul style="list-style-type: none"> __ Emphasized, high or low: (sexual) conflicts __ Broken line: tension about impulses __ Tiny: poor impulse control <p>Breasts (normal on females)</p> <ul style="list-style-type: none"> __ Large: dependence, flashy __ Small/omitted: normal, stingy, immature <p>Anterior Limbs (contact, relationships)</p> <p>Arms</p> <ul style="list-style-type: none"> __ Normal: relaxed, flexible appearing __ Outstretched: desire for contact or help __ Broad: strength, striving __ Long: ambitious, aggressive __ Reinforced: desire for power, assaultive __ Short: lack ambition, dependent __ Frail/limp: weak, inadequate, ineffective __ Omitted: guilt, depression, withdrawal __ Behind: evasive, controlled hostility, guilt __ Right angle: immature, unemotional __ Akimbo (on hips): bossy, self-involved __ Folded: suspicious, hostile, rigid, passive __ Winglike: eccentric <p>Hands</p> <ul style="list-style-type: none"> __ Small: insecure, helpless, not confident __ Large: hidden inadequacy, inept, impulsive __ Mittenlike (no fingers): hidden aggression __ Omitted: normal, but can show conflicts, guilt __ In pockets: guilt, evasive, suspicious __ Behind back: evasive, guilt <p>Fingers</p> <ul style="list-style-type: none"> __ Fists: aggression, rebelliousness __ Detailed with nails: compulsive, aggressive __ Without hands: aggression, assaultive __ Large: aggression, assaultive __ Long: unemotional, flat __ Petal or grapelike: dependent, immature __ Shaded: guilt about stealing, sex 	<ul style="list-style-type: none"> __ Straight lines/spiked: hostile, suspicious __ Extra fingers: ambitious, aggressive __ Missing fingers: inadequate, self-punitive, guilt, poor social skills <p>Locomotor Limbs (mobility, support)</p> <p>Legs</p> <ul style="list-style-type: none"> __ Short or omitted: immobile, constricted __ Long: striving for self-reliance __ Cut off by bottom edge: lack of autonomy __ Crossed: defensive __ Unequal size: conflicts about independence __ Reinforced: aggressive, assaultive __ Frail: lack of autonomy and independence __ Pressed together: rigid, suspicious __ Wide stance: aggressive, defiance <p>Feet</p> <ul style="list-style-type: none"> __ Long: insecure, sexual needs __ Pointed: hostile __ Opposite directions: autonomy conflicts __ Toes: aggression __ Omitted or small: helpless, depressed <p>Clothing</p> <ul style="list-style-type: none"> __ Belt: normal in males __ Excessive: flashy, egocentric, repressed, extroverted, sociable, approval seeking __ Underclothed: showy, isolated, art student __ Transparent: poor judgment, flashy __ Stripes: compulsiveness __ Buttons: dependent, inept, immature __ Pockets: dependent, deprived __ Ties: sexual concerns, aggression __ Earrings emphasized: flashy, suspicious __ Trouser fly: sexual concerns __ Weapons: hostility <p>Figures and views</p> <ul style="list-style-type: none"> __ Standing, walking, playing: normal __ Profile: avoidance, reserved, suspicious __ Back view: suspicious, isolated __ Leaning/seated: insecure, dependent __ Straight down arms and legs: rigid __ Clowns, soldiers, witches: hostile __ Cowboys: immature, macho __ Snowman/woman: avoidance, poor body image __ Cartoons: avoidance, distancing __ Stick figures: avoidance, uncooperative, hostile, poor body image __ Seductive: dramatic, excitable
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As you study the size, style, and representation of body parts in your drawing, you can discover clues about your need to attach, inflate self-worth, draw attention, control uncertainty, avoid contact, and overpower others to compensate for early unmet needs.