

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 Very small: inadequate, inhibited, withdrawn, anxious, shy, depressed 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.