

## Drawings peek into the inner world of children



Written by: Unleashing Mind Professional Counselling Academy  
Psychotherapist Lee Wai-Tong

Painting can give us room to express our feelings. I use a brush to create a dialogue with myself in another language, soothing my emotions or gaining insight and unlocking my heart.

### Crying over trivial stuff

In my past child counseling sessions, some parents came to me for help. They did not understand why their son, Ming, often cried over trivial things, such as being late for TV, late for dinner, or when his father came home late, etc. They mentioned the situation to Ming, but they did not understand why, which caused them trouble. Therefore, I suggested conducting a drawing assessment for Ming to understand the environment in which Ming grows up in his mind, which may help to understand the reason why Ming loves to cry.

### Drawing reveals the reason for crying

Ming drew a "family story". While drawing, he expressed his feelings that his parents were busy with work all day, so he often played alone at home. When his parents came home, Ming wanted to play with them, but his father soon became impatient. In Ming's mind, it seems that his father is always angry; whenever his mother sees this situation, she will argue with him. In Ming's eyes, his mother always looks sad when she argues with his father. In Ming's mind, he knew that his parents loved him,

but when he saw that his father was angry and his mother was sad because of him, he felt sad.



A peek into the inner world through paintings

Later, I met with Ming's parents again. They never imagined that the quarrel in front of Ming was deeply engraved in their son's heart. In addition, the father also found that his tiredness after work affected the quality of parent-child interaction. In this regard, I taught the father some relaxation methods and suggested setting up a "calm zone" at home to give everyone a space to relieve their emotions, and the parents promised to avoid arguing in front of Ming.

A month later, Ming no longer cried over trivial matters and the parent-child relationship was better than before. Painting can reflect children's inner world view. In the process of creation, children project their inner world intentionally or unintentionally, so that we can understand their inner world and help them grow up healthily.