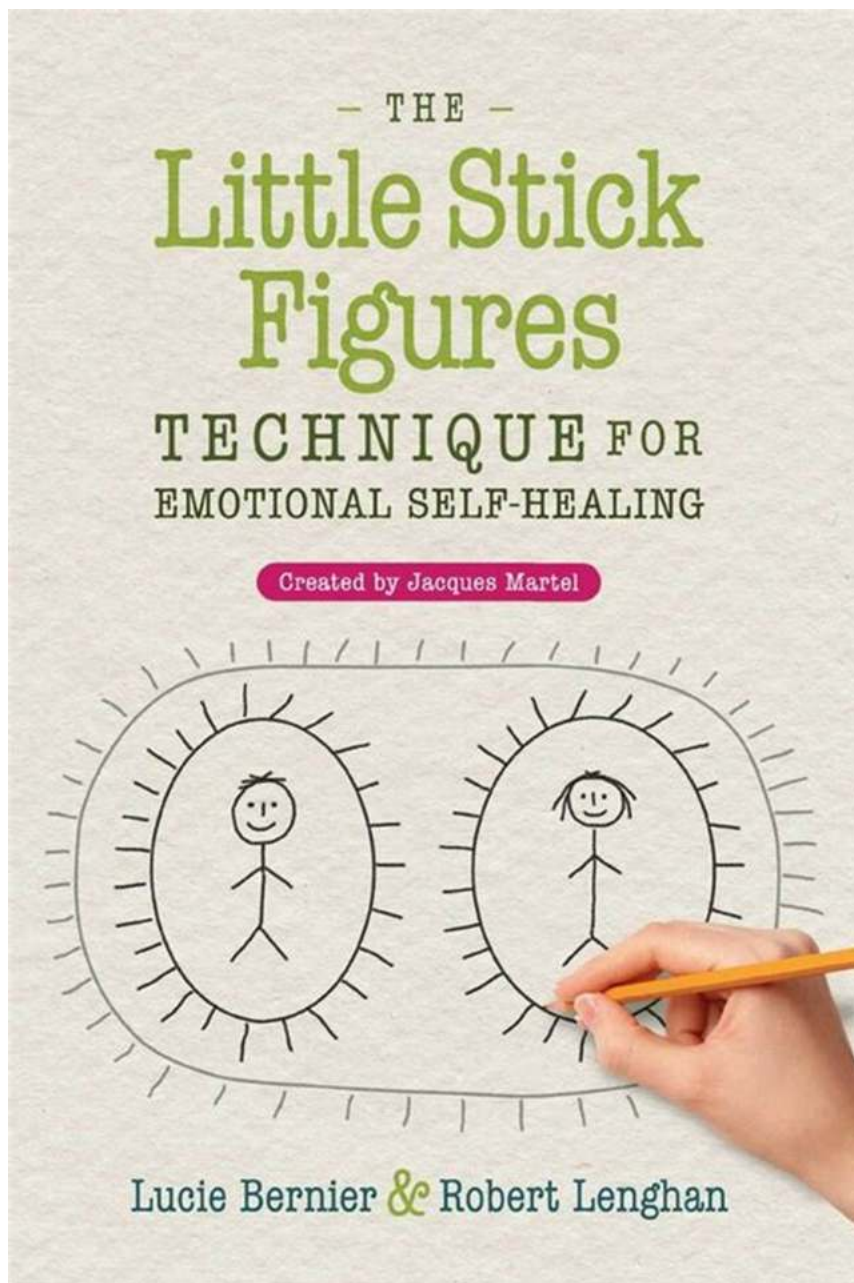


# The Little Stick Figures Technique For Emotional Self Healing

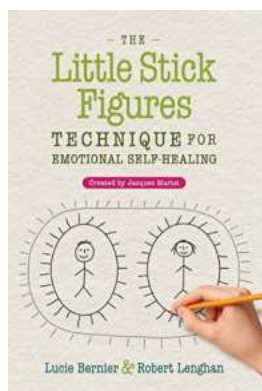


Emotional well-being is a vital aspect of our overall health and happiness. We all experience various emotions throughout our lives, and sometimes, certain emotions can become overwhelming or challenging to manage. In those moments, having effective techniques for emotional self-healing can make a

significant difference in our lives. One such technique that has gained popularity recently is "The Little Stick Figures Technique."

## Understanding The Little Stick Figures Technique

The Little Stick Figures Technique is a creative and visual approach to emotional self-healing. This technique involves drawing stick figures that represent different emotions or aspects of ourselves. By visualizing these emotions, we can gain a deeper understanding and connection with our feelings, facilitating the healing process.



### The Little Stick Figures Technique for Emotional Self-Healing: Created by Jacques Martel

by Lucie Bernier (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 1332 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 314 pages



To begin practicing this technique, you would need a pen and paper or any artistic tool of your choice. Start by identifying the emotion you would like to work with. For example, if you are feeling overwhelmed, you can focus on that specific emotion.

Next, think about how that emotion looks like in your mind's eye. Try to visualize its shape, color, and any other characteristics that resonate with you. Once you

have a clear mental image, begin drawing a stick figure that represents that emotion. Let your creativity flow and allow your intuition to guide you.

As you draw the stick figure, pay attention to the changes happening within your emotional state. You may feel a sense of release, validation, or even the realization of underlying causes behind the emotion. The process of externalizing and visualizing your emotions through these stick figures can help you gain clarity and insights into your emotional landscape.

## **The Benefits of The Little Stick Figures Technique**

Engaging in The Little Stick Figures Technique can bring about several benefits for emotional self-healing:

- **Increased Self-Awareness:** By visualizing and externalizing emotions, you can gain a deeper understanding of yourself. This awareness allows you to recognize patterns, triggers, and potential areas for growth.
- **Emotional Release:** Expressing your emotions visually can serve as a therapeutic outlet, allowing you to release pent-up emotions and experience a sense of relief.
- **Enhanced Communication:** The little stick figures can serve as a communication tool, helping you express your feelings to others effectively.
- **Problem-Solving:** The process of drawing stick figures can assist in problem-solving by providing a new perspective and fresh insights into complex emotional issues.
- **Increased Resilience:** Regular practice of this technique can contribute to emotional resilience, enabling you to navigate through challenging situations more effectively.

## How to Incorporate The Little Stick Figures Technique Into Your Life

Integrating The Little Stick Figures Technique into your life doesn't require any special artistic skills. It is a simple and accessible method for anyone seeking emotional self-healing.

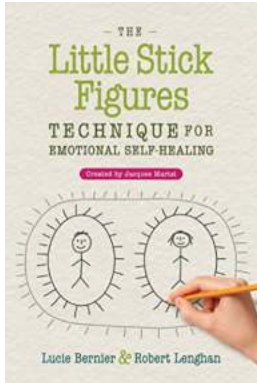
Here are some steps to help you incorporate this technique:

1. Set aside intentional time dedicated to this practice. Find a calm and quiet space where you can focus without distractions.
2. Choose an emotion or aspect of yourself that you want to explore or work through. It could be a positive or negative feeling.
3. Close your eyes and allow yourself to connect with the emotion. Visualize its characteristics and how it manifests within you.
4. Open your eyes and start drawing a stick figure that represents that emotion or aspect of yourself. Don't worry about the quality of your drawing. Focus on capturing the essence of the emotion.
5. Observe your feelings as you draw. Pay attention to any shifts or insights that arise.
6. Reflect on the message or wisdom the stick figure conveys to you. Journal or write down any thoughts or realizations that surface.

Remember, the key is to approach The Little Stick Figures Technique with an open mind and embrace the process as a form of self-expression and self-discovery.

The Little Stick Figures Technique can become a valuable tool in your journey towards emotional self-healing. By engaging in this creative process, you can develop a deeper level of self-awareness, release suppressed emotions, and

gain fresh perspectives on complex emotional issues. Incorporate this technique into your regular self-care routine, and witness the transformative power it can offer in enhancing your emotional well-being.



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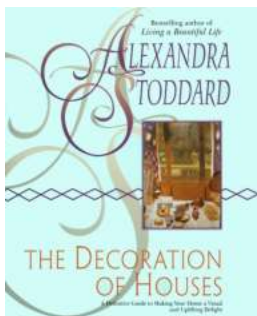


- Explains the 7 simple steps of the Little Stick Figures Technique and how to achieve maximum results and lasting changes
- Provides more than 150 examples of successful uses of this method, including how to improve relationships, how to attract your soulmate and abundance, how to resolve problems at work, and how to detach from a toxic situation
- Details a general cleansing and rebalancing protocol for your conscious and unconscious programming

Created by therapist Jacques Martel in 1993, the Little Stick Figures Technique is an effective emotional-healing tool to free yourself from your dependencies, your fears, and your conscious and unconscious attachments. This easy energetic cord-cutting method moves beyond mere visualization to an actual physical practice: you draw two stick figures--one being yourself and the other the person,

situation, or emotion you wish to detach from. You surround both figures with light, draw the connecting cords between the chakras of each figure, and then cut the paper between the two stick figures to complete the practice. The method draws its effectiveness from the power of the unconscious, helping you to set intentions for change and letting go.

In this illustrated guide, the authors explain how to apply the 7 steps of the Little Stick Figures Technique to obtain maximum results and truly lasting changes. They provide more than 150 examples of successful uses of this method, including how to improve relationships with a partner or an ex-partner, how to detach from family entanglements, how to attract your soulmate and abundance, how to resolve problems at work, and how to detach from a toxic situation and start the process of emotional self-healing. The authors also detail a general cleansing and rebalancing protocol for your conscious and unconscious programs, which helps harmonize your relationships and supports you to be more centered, calm, and in control of your life.



## **The Ultimate Guide for Beautiful Homes: Decoration Of Houses Harperresource**

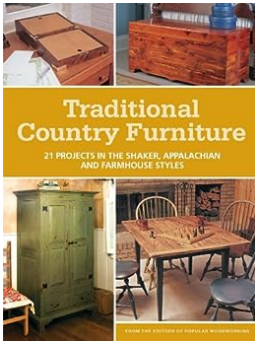
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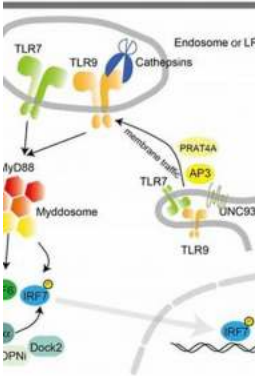
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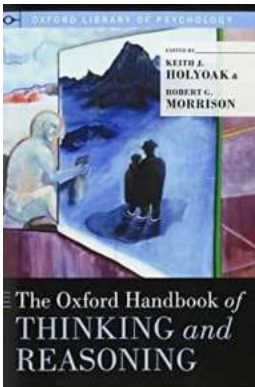
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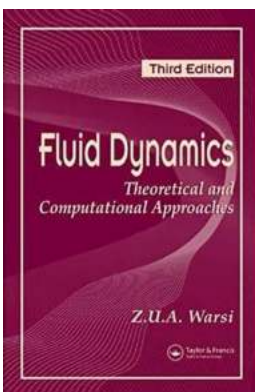
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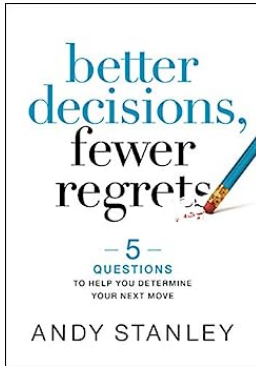
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