

# 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!

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 Very small: inadequate, inhibited, withdrawn, anxious, shy, depressed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

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