



## Doll Exercises

### Exercise One – Processing a complex situation

A woman explains that her partner has been having an affair. She has found letters and unexplained credit card accounts.

1. Talk broadly about the issues to set the scene
2. Ascertain the main feelings i.e. confusion, pain + hurt, anger + betrayal.
3. Let each doll represent one of these voices
4. Allocate the largest doll to the strongest voice
5. Let each voice speak what they need to
6. What course of action would each one take? (Do not use logic or censure for sense each voice or action )

### Exercise Two - Tracking a feeling through time

I see a woman who has been recently had her house burgled, the conversation quickly moves to other experiences.



When else have you felt like this?

What age were you?

How did you cope then?

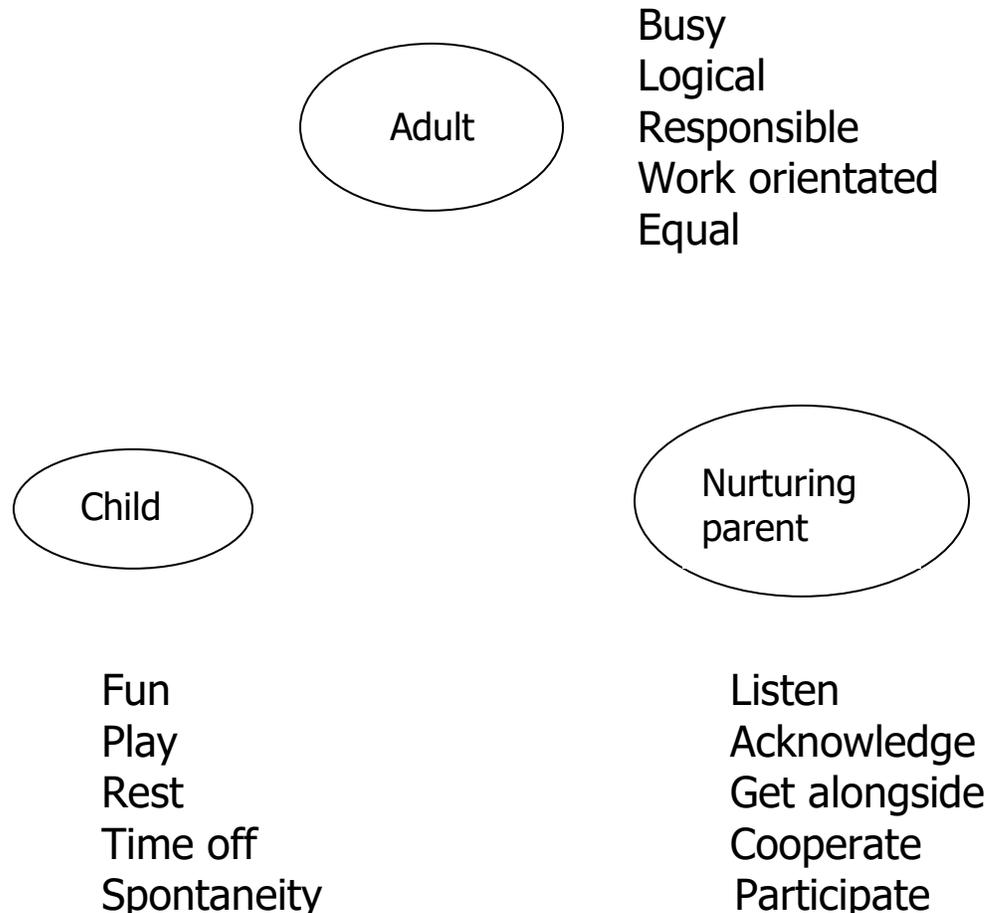
How was this resolved?

Is this connected in any way to how you feel now?

## Exercise Three

## Inner Child Work

Often in our busy lives we are pressured to stay in the adult role with qualities such as: busy - logical - responsible - work – equality  
However there are parts of us especially those parts who have experienced trauma that need extra support and even release from imprisonment.



Develop the awareness of the presence of the inner child by:

- Visualization (often child is depleted after trauma or frozen)
- Urges to have fun
- Creation of fun in a day
- Sit on floor and play
- Watch child movies etc.

Use the dolls to heighten awareness of these different states by labeling them adult, child, parent and get them to talk to each other.

## Exercise Four

### The Lost Self



Discuss the lost self, adapted self, natural self. Get the client to focus on the Lost Self and show how much they feel that they have lost in the size of the doll, how far away they think the lost self is, what would encourage him/her to come closer and be more accessible?

## Exercise Five

Use four dolls, one each to represent the mental self/emotional self/physical self, spiritual self. How large would each one be? Has this changes over time? , Why? What would they like to be? What would be one step towards that? What has worked in the past? Why is change needed now?