



Family Holistic Health

Karin Cseak, DO
556 Portage Trail Ext. W.
Cuyahoga Falls, OH 44223
330-923-3060
familyholistichealth@yahoo.com

Four drawings exercise

This exercise is generally for patients who are dealing with cancer, but can also be used by patients dealing with any other condition as well.

Instructions: You do **not** need to be an artist to do this! Your drawings will help me to guide your therapy. It is more important that you just do the exercise, rather than judging it or revising it so it looks a 'certain way'. Once you have done the drawings, just put them away and don't change them. If you feel strongly that you want to re-do a drawing, you can do another, but bring both the original and the revised version with you when you come for your appointment.

You can use any medium to do the drawings...pencil, pen, crayons, markers, etc.
You can use any paper to do the drawings. You can make them any size you want.

Please label each drawing with your name, the date, and which drawing it is (you can label it on the front or the back).

Drawing 1: Make a drawing of yourself. You can include anything you want in this drawing...other people, places, things, etc., or it can be a drawing of just you.

Drawing 2: Make a drawing of your cancer. It can look however you want it to.

Drawing 3: Make a drawing of your treatment.

Drawing 4: Make a drawing of your immune system.