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ART THERAPY AS A MEANS OF COMBATING FEAR

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Annotation: By nature, humans are subject to such a fundamental phenomenon as fear. Fear is first and foremost an emotion anchored in the subcortex of the brain, a defense mechanism that helps us avoid potential danger, a basic human emotion that contributes to the survival of the species. Fear is useful, especially when there is a real threat. Nevertheless, there is another kind of fear that we encounter much more frequently: fear of imaginary, contrived threats, which often traumatize human perception, often activating previous traumas. New traumatic events and crises arise in the world and in the environment, one learns in new circumstances, but not everyone can overcome his or her fear and realize its impact in the first place. Again and again, modern man goes through mental anguish in an attempt to find inner harmony, and for this purpose in this article we will give one of the ways of getting rid of fear with the help of art therapy.

Fear is first and foremost an emotion. It is an emotion anchored in the subcortex of the human mind. It is a defense mechanism that helps us avoid potential danger, a basic human emotion that contributes to the survival of the species. Fear is useful, especially when there is a real threat. However, there is another kind of fear that we encounter much more often: fear of imaginary, contrived threats. They do not exist in external reality, but we invent them ourselves, we create them from within. In this way, we inhibit our development by concentrating on our own experiences.

There are many ways to harmonise the nervous system, work through inner fears and relieve stress. Art therapy is one of these psychology and psychiatry fields that is actively expanding its boundaries and possibilities. The advantage of this therapy is that it can be used by everyone, regardless of their age group (children, teenagers or adults). This psychotherapy is not intended to be a "guarantor of the highest art". In the process of work, one should not think about

how one's work looks like, combines colours and technique; what is important is how one feels during the creative process. This therapy allows the patient to open up and confront their inner fear face to face through the images displayed on the sheet of paper.

There are a number of simple art therapy techniques for saying goodbye to fear. Psychologists have used this technique many times, it has been tried and tested on clients large and small, and it produces miraculous results. Their anxiety levels decrease, they stop panicking, new strength emerges and the anticipation of failure goes away. Allow 30-40 minutes alone time for this exercise. You will need art supplies (coloured pencils, paints, sketchbook, etc.).

"Drawing Your Fear" technique. The aim of the technique is to symbolically dissolve the fear, overcome the sad feelings and reduce the emotional intensity. The algorithm is for the client to take 2-3 deep breaths and exhales, to remember and concentrate on their fear and to rate its intensity on a scale of 1 to 10. Fear can be drawn in different ways, there are no uniform rules as to what it "should" look like. And everyone will associate it with something personal. You can draw one way of drawing fear:

1. «Image of fear». You should try to imagine fear as an object, a being, a phenomenon. To visualise it better, you can ask questions: What does fear look like?; What does it look like?; If you imagine fear as an animal, what does it look like?

2. «A feeling in the body». If you are able to describe your inner feelings in words and images, say phrases like "it feels cold inside", "the body feels hot", etc. - Draw those very feelings. You can draw them on a body diagram, or just on a white sheet of paper.

3. «Scary situation». Try to draw the scary situation itself, something that worries and excites you. You don't have to try to create an artistic masterpiece, just sketch the big picture. Even people who say they are "far from creative" can do this.

4. «An incident that frightened you». You can draw the very first incident that caused the fear. You have to remember the moment when the fear occurred. What comes to mind? Sketch it on paper.

5. «Fear mask or puppet». Create a three-dimensional image of fear, play with it to see that the embodied fear is not dangerous, but perhaps even cute. You can choose to draw in an intuitive way, first drawing what you pay more attention to or talk about. Later, if necessary, you can try other ways of working through the fear from different angles.

Emotions may be expressed during the drawing process. There may be tears. This means that the process of cleansing has begun, releasing the negativity. It is necessary to become when a pleasant feeling of emptiness is felt inside.

To summarise, it can be said that art therapy is becoming increasingly popular. In creating and creating, one expresses one's concerns, fears and problems in the materials one uses to create. There is no need to look back on a specialist for words. Art therapy is a type of psychotherapy and psychological correction based on art and creativity. The method itself as a complex of psychological techniques began to actively develop in the 1940s thanks to C. G. Jung.

Directions of art therapy in general are based on the specificity of each art form, and the variety of techniques is virtually unlimited. In this case, it is not important whether the work is skillfully done or not. What is important is what a person feels during an art activity, what new experiences awaken in him/her, what vital processes are awakened in him/her. If a person feels satisfaction and joy from the work done, this is already the key to success.

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