



Select POWER Reflections Spring 2019

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Questions:

- 1) How does art affect or change how you think about yourself?
- 2) One thing I learned/One thing I am proud of
- 3) How does being in the art program affect your perception/thinking about everyday life?
- 4) Something you've learned from someone else in the program

POWERful woman, C.

Art makes me feel more creative than I ever imagined. I am terrible at drawing, but there is so much more to art than that.

I've learned way more than just one thing. I've learned so many things & skills that I can take with me. I am proud that I stayed in the art program & everything that I have done here.

I am able to look at things differently- due to lines, shapes, patterns, colors, and textures. I have a better understanding on how they came to be.

I have learned that we all look at things so differently and (even with) our differences we all ended up with a common, related result.

POWERful woman, J.

I have never thought about myself having a creative or artistic side and I've seen a different side of myself: trying new things and liking how they turned out when I didn't think I could do it to start with.

I've learned that art is very healing and a great outlet for emotions.

I am proud of myself for stepping out of my comfort zone and trying something new.

It has caused me to step back and look at things differently, wondering what people were thinking about or going through when they made certain things. Like the paintings (murals) on the side of buildings and graffiti, for instance.

Even though we all had the same instructions, not one piece turned out the same. Each person has their own creative side and every woman here is extremely creative. It's a blessing to watch each person grow and blossom into stronger women.

POWERful woman, J.

It helps me realize that I'm more creative than I realize and give myself credit for.

I've learned that I can have AND be creative without having to use drugs and/or alcohol.

It opens up my eyes to many forms of art & the joy & the creativity it can bring to your life.

I've learned that we are all beautiful & unique in so many ways & it really comes out in our Art projects.



POWERful woman, R.

Art makes me look deeper into myself. Making art also makes me proud and to take a different look at colors. Also, (look into) the abstract (nature) of it.

I am proud of being able to escape into the world of art and beauty. I learned that I can block out everything when I'm focused on art.

My perception has changed for the better because my third eye can help me see beauty in some things that I would normally just glance at, or not even see. Now I tend to look at the lines of things and understand part of the process for those creations.

I learned that we have artists in this class, in particular, whose work is worthy of exploration. I also learned that everyone has some artist in them. I get to see the creative part in everyone.

POWERful woman, N.

I've always loved art, and art was always a part of my life. However, due to my addiction I lost sight of my abilities. Now, I realize again my love and the creativity I once had.

I am very creative, and my art is really good.

I realize how beautiful colors are in nature, animals, clothing, etc...

I have learned people with the disease of addiction are very creative.

POWERful woman, V. Alumni of the POWER program and arts program

1) *Was the art program an asset to your time in the POWER House? Did having access to the arts help them in their early recovery? If so, how?*

Absolutely!! Having something creative to focus on helped a lot with the racing thoughts in the beginning of my recovery. It was good for just narrowing my focus.

2) *Are you continuing to use art in their lives on their own? If so, how?
Are you using art with family members, or at work? If so, how?*

Yes, on a daily basis. It continues to help soothe my anxiety and focus my thoughts. I currently have several projects that I'm working on. So far, it has just been solo projects, but my niece is starting to express an interest in drawing, so maybe I can use artwork as a way to bond with her.

3) *Have you furthered your learning in the arts? Or, have you pursued any jobs/a career in the arts?*

Nothing formal, but I am always reading up on new techniques as well as experimenting on my own. I would be interested in more formal training further down the road.

