

The Resilience Creature

The Resilience Creature is a tool designed by Nadia Chaney (nadiachaney.com) in conversation with Suchetha Bhat (dreamadream.org).

The tool is used for deepening self reflection. It uses a four-bodies approach, which is based on an indigenous teaching called the medicine wheel that shows up in numerous first nations cultures, particularly from plains regions, whereby it is shown that numerous aspects of the world have four elements, for example seasons, and that these four parts constitute a circle or cycle. This idea has been picked up by various psychologists and therapeutic modalities, including the work of Dr. Gabor Mate. This medicine wheel teaching is different in different cultural environments, and it would be inappropriate to assume any "correct" definition. I first learned the four bodies approach from Hanif Fazal.

The Resilience Creature is a reflective arts activity that encourages reflection on the current state of one's four bodies, and their integration into an externalized "Creature" that reflects complex aspects of the self. It can be adapted to reflect on specific questions. It can be used personally, in partners or in a larger group setting. Please feel free to use it, but do be aware that it can be a sensitive process that requires guidance and care. Reach out if you have any questions, using the contact form at nadiachaney.com

STEP 1

draw the four quarters, and label them Mental, Emotional, Spiritual, Physical.

Physical: body, environment, senses

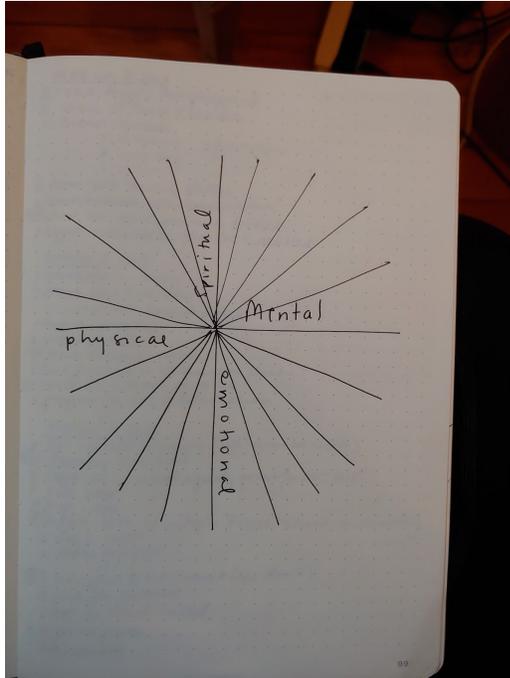
Mental: thoughts, ideas, judgements

Emotional: feelings, tears, laughter, fears

Spiritual: dreams, visions, hopes, ideals

STEP 2

draw four or five rays in each quadrant



STEP 3

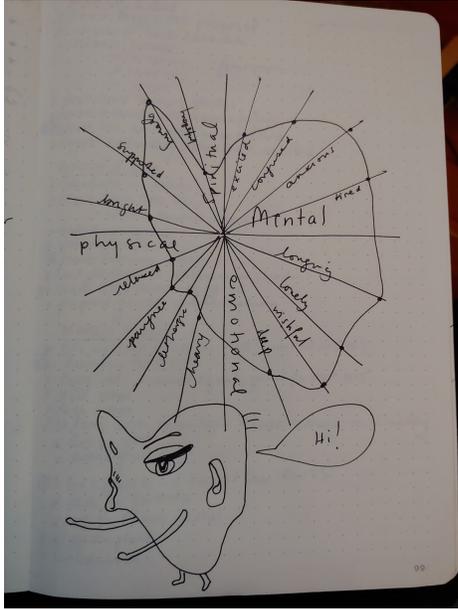
label each quadrant with a word to describe the different ways you are feeling. you could use emotion words, colours, animals, proverbs, whatever helps identify the ways you are feeling. These words can contradict each other! You don't have to capture everything, just listen internal and write what comes up

STEP 4

with the centre as 0 and the tip of each ray as 10, draw a dot to show how MUCH you feel each of these. do this intuitively.

STEP 5

connect the dots to form a shape



STEP 6

retrace this shape and give it creaturely features like legs, arms, a face etc. Notice if it is in profile or face you...what might it be doing?

STEP 7

ask the creature its name. (Don't name it. Ask its name and listen for the answer)

STEP 8

with a timer, write a stream-of-consciousness letter to your creature. This is the entity that knows ENTIRELY how you feel, more than anyone else, including yourself.

STEP 9

Ask the creature questions, listen for the answers, and record them (examples, what can you tell me that I most need to hear? What can I do to support myself? What am I missing? What needs my attention right now?)