

# MOOD RAINBOW

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**PROCEDURE:** Draw a rainbow that reflects your mood, and add a wish at the end of it.

## QUESTIONS FOR EXPLORATION:

1. How do the colors and size of the rainbow reflect your mood?
2. Does the wish affect your mood (e.g., feeling positive about the future, or unfulfilled and frustrated)?
3. Have you had the wish a long time or is it a more recent wish?
4. Is your wish doable or is it farfetched?
5. Are you taking measures to try to attain it, if it seems achievable?

## CLIENT RESPONSE:

A 62-year-old woman named Miriam drew a darkly colored rainbow to represent the recent death of her beloved father below. She stated, "The entire rainbow isn't black, because I do have a good support system and a wonderful family." She mentioned she feels very sad, but that there are times during the day she becomes distracted, and for brief moments the sadness fades. "Until a jolt of despair hits my heart like a bolt of lightning."

Miriam said that her rainbow would have been drawn with bright colors just a few months earlier. She remarked that it is strange and terrifying how life can change in the blink of an eye. Her wish was for her daughter to have a second child who would be named after her father (represented by a fetus placed at the end of the rainbow). She declared that would be a wonderful tribute to him, especially since he was very concerned about his legacy. She shared, "I think that would make him happy, and it would make me feel better." She was already thinking of both girls' and boys' names, much to her daughter's chagrin.

