

Bricks To Bouquets with Effy Wild

For the Life Book Creativity and Wellness Summit



Hello, my lovelies!! I am so excited to be here with you in the Life Book Creativity and Wellness Summit! Settle in with a bevvie of your choice, and join me as we work with the voices in our heads that may not be very kind at times in order to fill a journal up with the things we really need to hear.

This process was developed for my e-course "[Facing Forward II](#)" in which we created portraits that included affirmations that really resonate with us instead of causing the kind of cognitive dissonance that can be created when we use affirmative statements that we don't actually believe. This process will allow you to find phrases that you can use in your art journal in order to learn how to speak more gently and with greater self-empathy to the parts of you that struggle.

I believe that negative self-talk comes from a place of self-protection. Generally, when we are being mean to ourselves with our self-talk, it is because some part of us is afraid. Trying to maintain the status quo is a very natural, human thing, and if we've been conditioned to be 'nice', not 'needy', never 'angry', or to question our worth, our internal dialogue can be very hurtful. Attending to this voice as it is a young, wounded part of self has been very effective for me in dealing with it.

For best results, try to come to your journal when these thoughts arise. If you can't, because you're at work, or in the middle of something that can't be put on pause, make a note of the thought, and then come meet yourself on the page at a later time in order to 'confront' or 'argue' with what this negative thought is saying.

Most of us think of the words 'confront' or 'argue' as negative, but the truth is, they are very powerful ways to deal with negative self-talk. We have the right to disagree with the voices in our heads. We have the right to stand up for ourselves, so I use this language very purposefully. This also helps us to retrain ourselves to think of confrontation and argument as a little less scary than it has been in our lives, since through this process, we are learning to confront and argue in a very gentle and

loving way. This process includes written journaling - allowing your negative self-talk to have a voice on the left hand side of the spread, and then your wiser, gentler, more loving self to address the negative self-talk on the right hand side of the spread. Once you've arrived at a statement that feels true and helpful, jot it down, and then proceed with the mixed media part of the process.

I have decided to keep these spreads really simple, which is why I'm working in the 'Succulent Stacks' style. When I don't have to worry about drawing or creating complex spreads, I can relax and ease into the self-soothing elements of this practice. Please feel free to paint in a way that delights you.

I intend to fill up this little journal with spreads just like this one, wherein I lovingly and gently confront my negative self-talk and replace it with affirmative statements that feel true and raise me up. I hope you'll join me in doing this as a regular part of your creativity and wellness practice.

SUPPLIES USED

- A composition notebook or other journal.
- A ruler (helps with tearing papers).
- Glue stick.
- Tombow marker
- White gesso
- Fluid acrylics (green gold, fine gold, chromium oxide green, viridian green)
- Paper scraps + a photo of yourself IF DESIRED. You could also use a photograph of something that represents you.
- Gel medium (I'm using Tri-Art but you can also use Golden)
- Black pen (I'm using a Unibal Vision pen)
- Workable fixative
- Stazon ink pad
- Stamps - mine are homemade
- Stabilo All Pencil
- Gold gel pen
- Krylon Low Odor Gloss (or other spray varnish)
- Candle and soft cloth to seal and buff.

RESOURCES

Wild & Free Resource Library
[In this resource library](#), you'll find several mini-workshops including one called "Succulent Stacks", which you may find particularly useful as you work in your Bricks to Bouquets journal.

The Wilderhood Facebook Group
[Feel free to come on over](#) and share your Bricks to Bouquets spreads and anything else you're working on! We're waiting to embrace you with open arms!

FIND ME

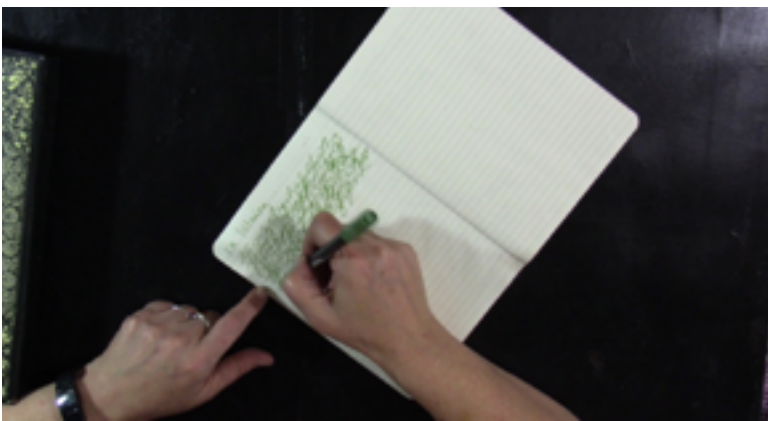
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I like the idea of using a regular notebook for this journal. This interrupts the part of my brain that goes all squirrely when I'm using 'precious' substrates, like expensive journals. I also enjoy the texture I get from working on flimsy paper. The layers one must add to bolster and strengthen it really adds something to the look and feel of the finished spread.

I prepare the pages as I go by tearing a page out, and gluing two pages together for each side of the spread. You can see me do this in the video.



On the left hand facing page, I'm giving space for my negative self-talk. This is a loving way to let it have its say. I treat this part of myself as though it has a right to its opinion. This lack of resistance to allowing it to express itself is very healing for me. Write until the voice has had a chance to say everything it has to say. Listen intently. Be with it.

I like to begin this journaling with the words "I'm listening" as an invitation to this voice.



On the right hand facing page, state your case. Confront whatever is not true about what the negative voice is saying. Try to reframe all negative judgements (like 'lazy' or 'unloveable'). I like to present a thorough argument that the voice can't ignore or gloss over.

For example, in this case, the voice is all over me about self-neglect and calling me lazy and uncaring. I counter that what I really am is *afraid* and that I need loving patience with this particular thing. As I write, the phrase I really need to hear will arise. Sometimes, that's simple, like "I can do this." Sometimes, as in the case of this spread, it's more complex. "I see you there healing as fast as you can" is what came up. This is a TRUE statement. It is also a lovely thing to say to myself.

I like to begin this journaling with the words "Darling Girl". Activate the Tombow with white gesso. Really scrub it in. This both primes the paper and eradicats the journaling.

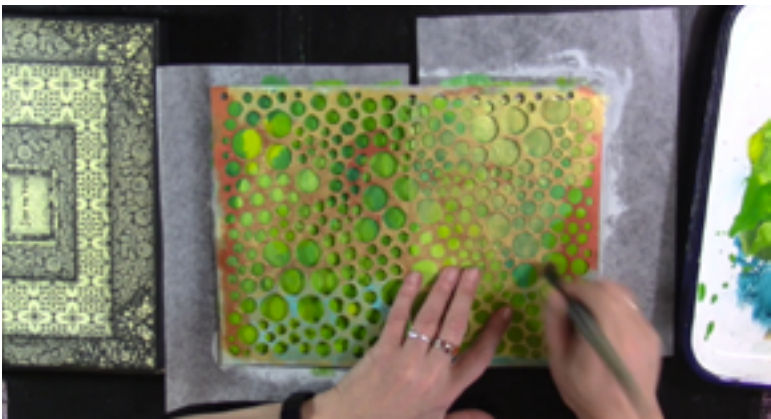


Make sure you make a note of your chosen statement before you do this.





I'm working with colours that feel good to me in the moment. Just slap them on there, and don't over think. Allow this layer to dry.



I'm adding some stenciling to the background with gold paint.



I've selected my papers now, and I'm gluing them down 'stacks' style with gel medium. The entire spread gets a coat of this medium to unify the finish and further bolster the paper.



I printed a photograph of myself on regular printer paper. NOTE: if your inks smear, you can seal them with a layer of Krylon Workable Fixative.

I tore the image rather than cut it because I prefer the look of rough edges. You do you, lovely!





I added my chosen statement on a piece of Kraft paper. This was done using a waterproof pen. I get a little paranoid when gluing this kind of thing down, though, so I heat set the pen AND added a layer of workable fixative before cutting and pasting.

Stagger your fonts for a really interesting look. Block print some words, and handwrite others.



Cut and paste! I'm using the same stuff I used to glue down my papers.



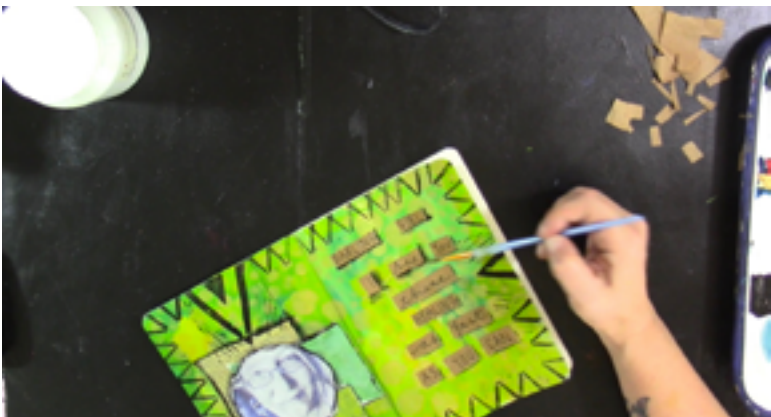
I'm doing some stamping with some homemade lino carvings I did as an experiment. I fell in love with these!! The ink pad is Stazon.

This doesn't really 'mean' anything. It just adds some interesting stuff to the edges and background.



I added some Stabilo All pencil around the papers in the spread. This will allow me to add some delicious shadowy dimension + grunge.





Activate with water on a clean brush. NOTE THAT THIS IS NOT WATERPROOF. Allow to dry and pick up the excess water with a towel.



I added a bit more stamping in the blank spot beside my photo.



I added gold gel pen inside the text. This Unibal Signo gel pen is also NOT WATERPROOF.

Once the pen was dry, I sprayed the spread with a layer of Krylon Low Odor Gloss, which sealed it in.

I also used a date stamp to date my spread.



Once the gloss spray was dry, I rubbed the entire spread with a candle while heating the spread with my heat gun. As the wax melts, I buff it with a soft cloth. This creates a beautiful sheen, and prevents the pages from sticking together. I do this for every spread now, and it works like a charm!!

VOILA! YOUR TURN!



