

# Mockingbird Times

*Building a world class foster care system while serving our neighborhood youth.*

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## Definitely Time to “Chill and Spill”

BY TERESA ASHER



When I was first handed this book to review, I did not think that it would make me really “Chill and Spill” everything out. At first, I couldn’t put down the book put together by Art with Heart (a non profit that helps youth deal with their problems through self-expression) co-written by Steffanie Lorig and Jeanean Jacobs.

The first thought I had about the book was how is this supposed to help me? I thought the book was silly and didn’t understand how it was it supposed to help me with any of my problems, like with school, my boyfriend, emotions and physical problems. After the first exercise, “Your Place” (which is where you draw a place where you feel comfortable and secure) I drew my boyfriend’s place. I realized that my boyfriend’s place was where I could go to feel at “home”. The book helped me understand that.

My favorite activity was, and still is, “How I See Myself, How I Want to Be Seen”. The reason this one made me really like the book was that it helped me understand that it’s important to me how people see me and helped me understand how I want to see myself. The book made me think harder about why it mattered to me and helped me put my feelings down on paper.

At first the book was silly, but the book really makes you think about life and becoming mature. It really did help me with my problems and I am amazed by that. I recommend it to everyone that has problems in their life; and everyone has problems in their life, so hey! You can find the book online at [www.artwithheart.org](http://www.artwithheart.org).