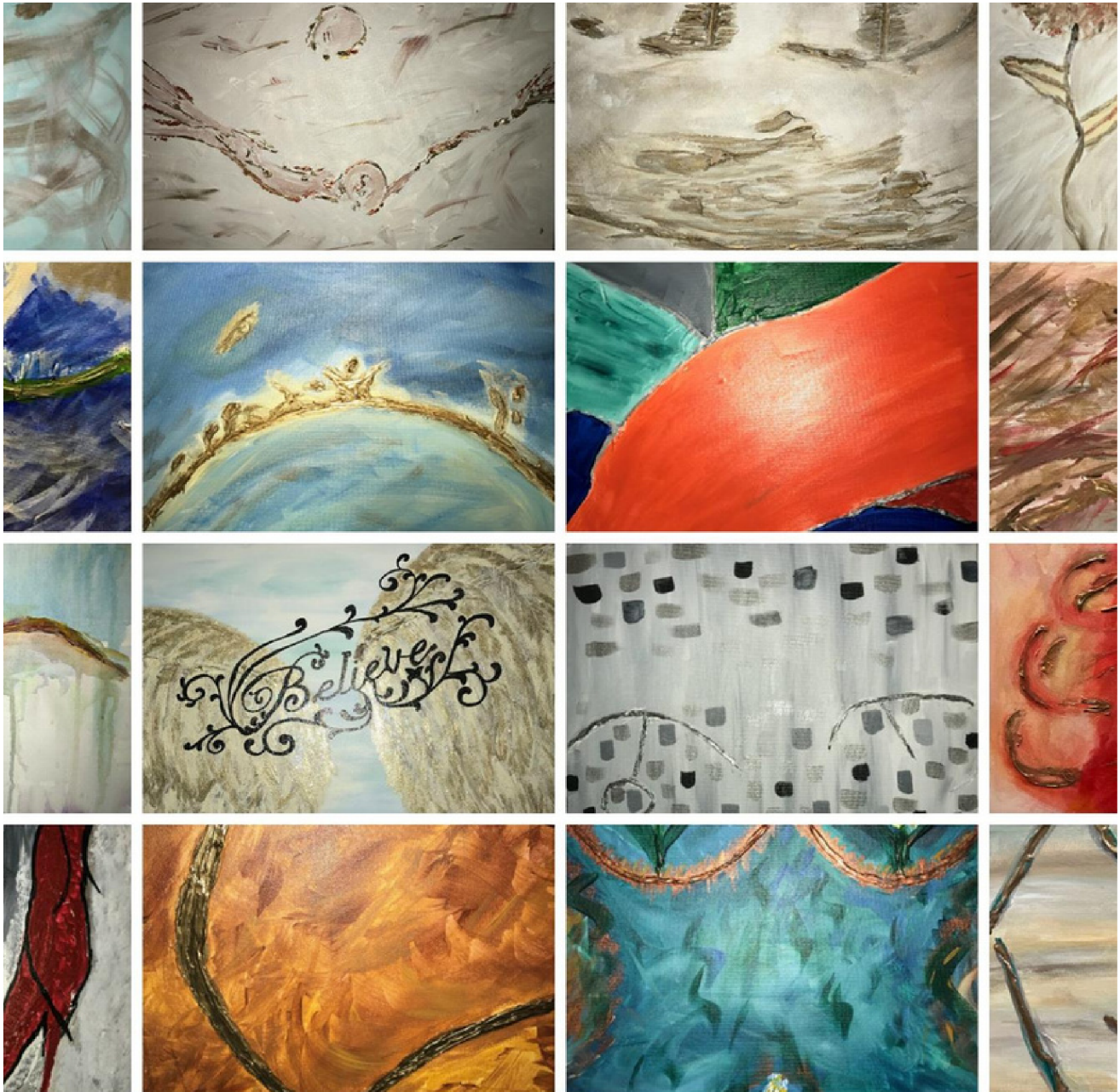




## Welcome to ScART

"The Art of Mastering Your Thoughts about your Scars".  
Create Empowerment and Self-Worth using art as the tool.



[www.scartevents.com](http://www.scartevents.com)

I AM SO GLAD YOU ARE HERE! CAN WE HAVE AN HONEST CONVERSATION?

# WELCOME MESSAGE FROM SCART FOUNDER



## **Lisa McKenzie**

**Certified Life Coach, Speaker, Author, Executive  
Producer of You Night Empowering Events**

**Founder of ScART and the "We Lift You  
Up" foundation - helping women  
embrace life beyond cancer.**

Thank you for signing up for this powerful art experience called ScART (derived from the term 'Scar Art'). It is my intention that you will find peace, acceptance and a new spirit of joy as you participate in this uplifting experience. In 2013, after seeing how cancer rocked the world of two good friends of mine, the desire was placed upon my heart to help women rediscover their strength, purpose and passion, while being reminded of how beautiful and worthy they truly are. I didn't know at the time that my decision would result in a national sisterhood of incredibly strong women who are standing side-by-side, willing to change the messaging. We are saying, "ENOUGH!", "WE ARE WORTHY". You see, everything in this program stems from my own experience of being in a very dark place and being crippled by the scars that had taken over my heart and mind. I was faced with a crumbling marriage, and when I tried to save it, I was told by the person who I thought was my

best friend that he "didn't know if I was worth it". Those words shattered me and became my truth. Every action I took had those horrible words as the root of my existence. I fell into a deep depression and found myself in a foreign world where I believed that my "new normal" was permanent. One day, I woke up and decided I didn't want to feel miserable anymore. I didn't want to be hostage to the messages in my head. It took daily effort of speaking new truths into my brain by immersing myself into positive mindset studies, and by trusting God. Slowly but surely, light replaced darkness, and a new, stronger, confident woman emerged. I could not be who I am now without having experienced those dark moments. It is my responsibility to pass on this legacy of strength to my daughter, who can hopefully pass on this same strength to generations of women to come. It is an honor to serve you and help you find your strength. Take daily steps. This experience is part of that journey. Thank you for participating and for giving yourself permission to not only be "real" but to be really wonderful.

**With Love, Lisa McKenzie, ScART Founder**



# WHAT DO YOU SEE WHEN YOU LOOK IN THE MIRROR?



## Did you know that:

- 97% of women have an "I hate my body" moment everyday?
- When asked what they fear most, 10 year old girls will respond "being fat", over the death of their parents, cancer or war?
- 9 out of 10 women say they have opted out of social events because they don't like what they look like?

Imagine a world where girls are raised to value their worth as their highest priority. We invite you to join us as we set out to change the conversation and to leave legacies for people everywhere that every inch of our being...external and internal...every cell...every stitch...every scar... has incredible worth.

**It all begins with a decision. One thought. One action. One step in a new direction.**





# THE BENEFITS OF SCART

When you are coping with a life-changing event such as cancer, open heart surgery or an unexpected accident you may experience a complex array of emotions including anxiety, fear, depression, frustration and sadness — feelings that, for some, may be difficult to express in a traditional support group.

Those who participate in ScART classes report reduced stress, reduced anxiety and depression, alleviation of pain and improved overall well-being.

ScART is a tool for participants to express their feelings without having to verbalize them. The groups are a safe place where participants can share with others who have gone through similar experiences. It is an outlet to provide some 'me time' to make sure participants recognize the importance of practicing self-care. ScART also allows the artists the ability to share their journeys with others, which can be liberating, helpful and informative to many persons who are experiencing similar feelings



# Complete these HOMEWORK ASSIGNMENTS BEFORE YOU PAINT

Page

**6** where does  
it hurt? body  
love

**ACTIVITY #1 - PRINT PAGE 6 & 10** In this activity, you will do a complete body scan to find the areas of your body that you are unhappy with. These are the areas where negative energy resides. These exercises will help replace negative energy with positive, loving energy.

**11** sketch your  
scars

**ACTIVITY #2 - PRINT PAGE 13** In this activity, you will examine your scars up close and personal. Your scars are uniquely yours. No scars on any human being are identical. They are your unique story.

**15** a scar  
conversation

**ACTIVITY #3 - PRINT PAGE 16** In this activity, we give you the opportunity to tell your scars exactly what you think about them. And then we give your scars the opportunity to tell you what they think about you.

**17** The  
emotions  
of color

**ACTIVITY #4 - PRINT PAGE 18** As a final activity as you prepare to paint, you will examine a color chart and decide which colors speak to you, based on the emotions that each color commonly represents. This is a good starting place to help figure out which colors you might select when you paint your canvas.

*These are  
the four  
homework  
assignments  
we want  
you to  
complete  
prior to the  
painting  
experience.*

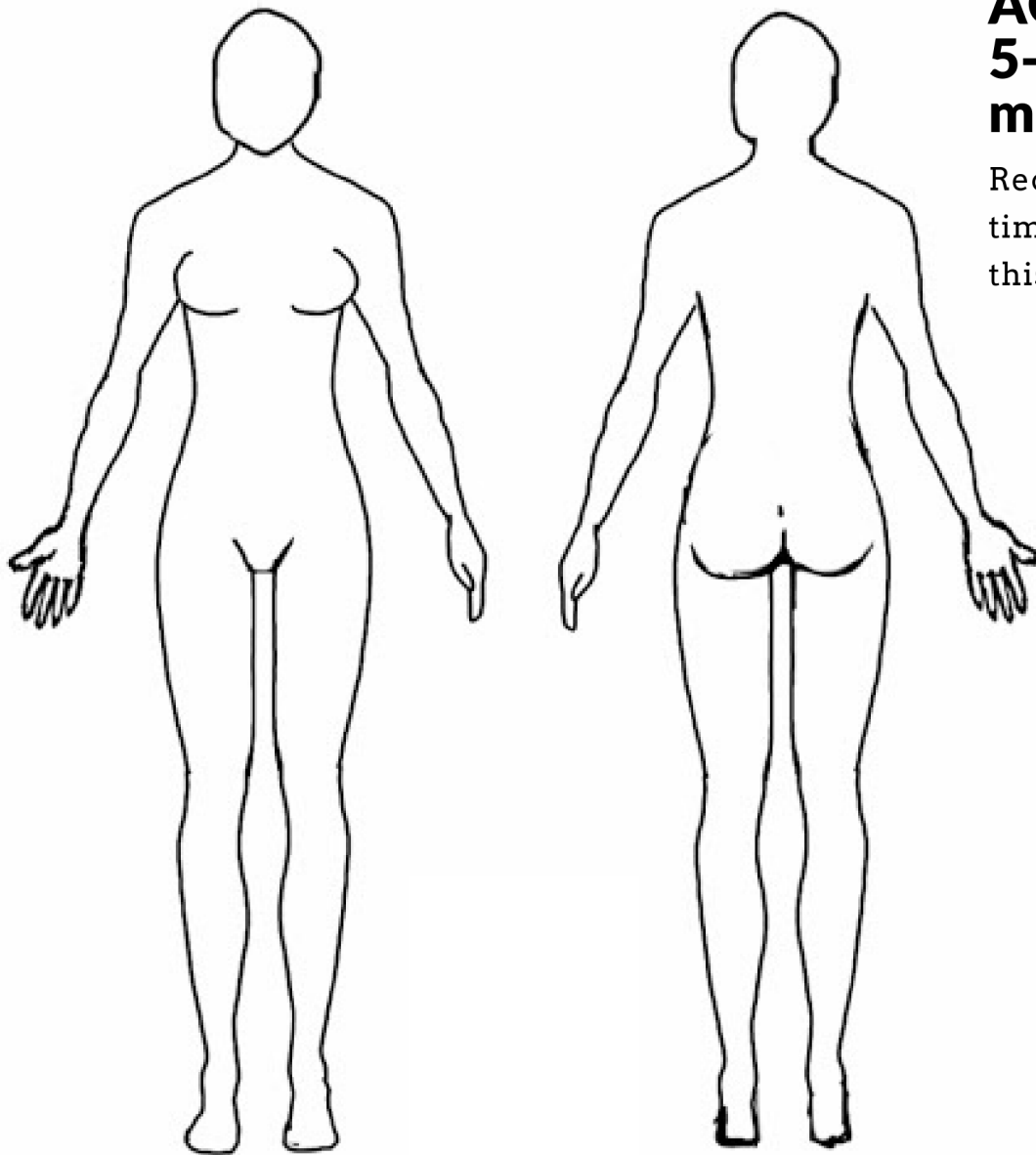
ScART is a trademark of You Night Empowering Events, LLC Copyright 2017. Curriculum copyrighted 2017. ScART is not intended to replace traditional mental health services. Should you find that this project stirs emotions that require professional help, please reach out to a mental health advisor in your area.



# Assignment #1:1

## WHERE DOES IT HURT? BODY LOVE

Seen or unseen, most everybody has scars. **Where on your body are your scars?** If you can't see them, where do you feel them? Using a pencil, (or colored pencils or crayons), shade in the areas of your body where you have scars and also any areas of your body where you find yourself sending negative, disapproving thoughts. For intense areas, color those a darker shade.



### **ACTIVITY** **5- 10** **minutes**

Recommended  
time to complete  
this assignment

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**ACTIVITY**  
**10 - 20**  
**minutes**

Recommended  
time to complete  
this assignment

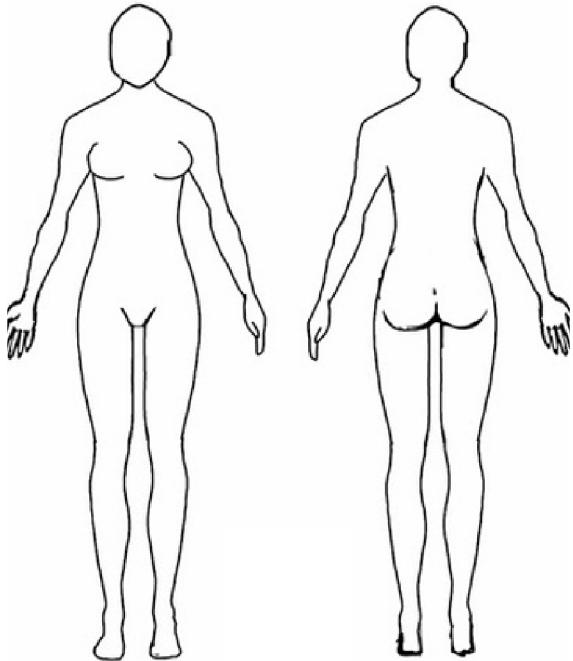
**BODY LOVE ASSIGNMENT**  
**(You should try to do this everyday!)**

If you are typically frustrated with any part of your body, it means you're sending it negative energy. You're blocking yourself. To unblock yourself, you need to do something different. Send your body positive energy. It will possibly be a radical and new way of thinking. Instead of looking in the mirror, hoping for something to love, you need to learn to love your body first. Then, once you rewire your thoughts, look in the mirror. It works like wearing lenses or glasses. You see things differently with a different filter. And you value things differently.



## Assignment #1:3

### BODY LOVE (CONTINUED)



Using the image from your first lesson of shading in the areas of your body that need love, take a moment right now to direct powerful, healing and loving thoughts to each cell, each, scar, each wound. Your body didn't only fight to work for you -- it **OVERWORKED** for you to survive for you. Give your body thanks.

### **ACTIVITY** **10 - 20** **minutes**

Recommended  
time to complete  
this assignment

**Love energy can heal you. Love energy can empower you. It can also relax you, center you, and clear you. Do a body scan using this flow of thought. Look at your body using your heart and not your eyes:**

### **FINAL EXERCISE FOR HOMEWORK ASSIGNMENT #1:**

**1) Send love into your body** Close your eyes or look into a mirror and say a beautiful message of love to your entire body. Then direct those thoughts to each part of your body that needs love and healing -- every cell from the tip of your toes to the top of your head.

**2) Accept love into your body** After sending the love, now fully receive it. Breathe in and feel the reception of that loving energy. Say, "I receive this beautiful gift of love. Thank you".



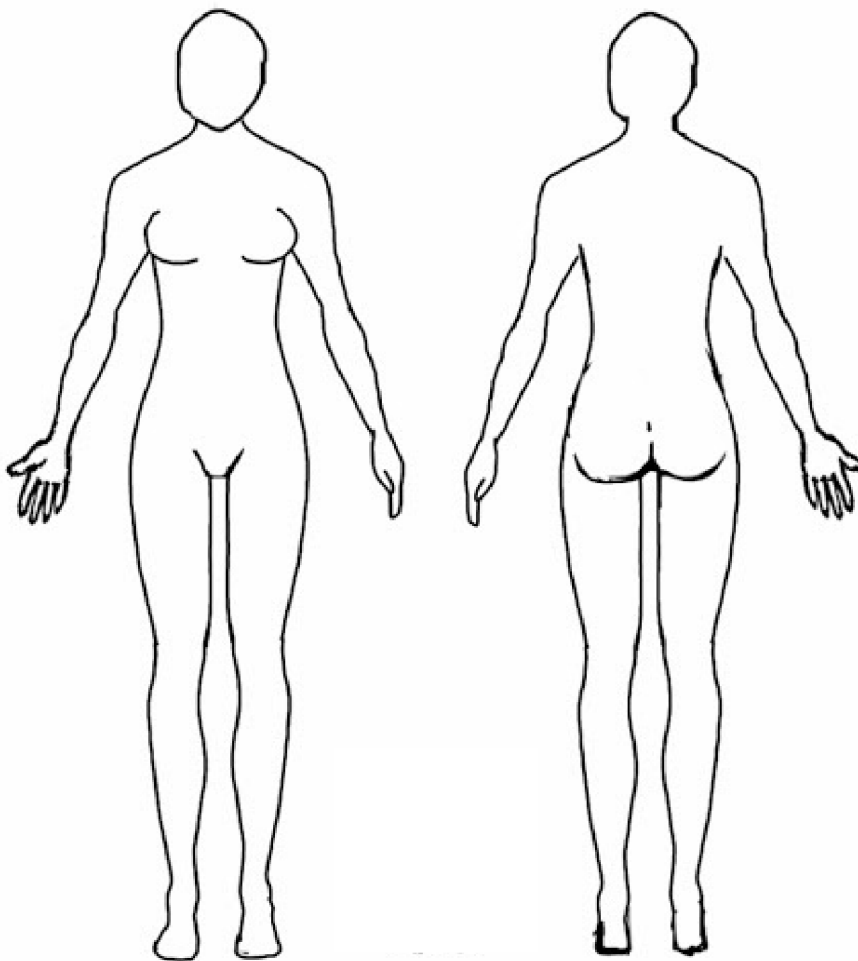
## Assignment #1:3

### BODY LOVE (CONTINUED)

**3) Feel love in your body & hold it there** As you receive the message of love, pause to enjoy what that feels like. Hold it there as if you poured in a beautiful potion that is filling up your lungs, your cells and your blood stream. It is pouring through your body. How does that feel?

**4) Throughout the day speak lovingly to your body** Catch yourself if you are about to think something negative and immediately change the words so that they are loving words. This takes daily practice but you WILL find that your mindset will change. You can rewire your brain!

**5) Now, shade in the image again.** Did any parts of the original shadings get lighter? It's okay if they haven't yet. Come back to this exercise daily. It can take 6-8 weeks to rewire a brain and you may have years of programmed messaging inside of you that deserves to be reprogrammed. You have to make a decision as to whether or not this is important for you and if it is, take these daily steps. You are WORTH IT.





## Assignment #2:1

# SCAR SELFIE

Have you ever truly examined your scar and all of its details? Take a photo of your scar by taking a 'selfie' of it or have someone take the picture for you. Note: The photo is only for your own purposes to study the shape and its unique markings, and for the purpose of helping you draw it on the next page. You will not be sharing the actual photo with anyone (unless you choose to do so.)



**10 minutes**

Recommended  
time to complete  
this assignment



## Assignment #2:2

### SCAR SKETCH

Study the image in the photo. On the following page -- to the best of your ability -- sketch out the shape of the scar running either vertically or horizontally (your choice). You might find it easiest to use a pencil. The more you study the scar, the more detail you may decide to sketch. You can chicken scratch it as thin or thick lines. Try to include any unique markings, shapes, or curves. If you have more than one scar, you can decide if your canvas will feature all of them, a couple of them, or just one. There will be opportunities in the future to draw the other scars if you choose to focus on just one. Your worksheet, plus some examples are included on the next page. NOTE: If you have internal scars or emotional scars that you cannot see, instructions for these types of scars are listed on the next page.

### ACTIVITY 10 - 20 minutes

Recommended  
time to complete  
this assignment



## SCAR SKETCH EXAMPLES



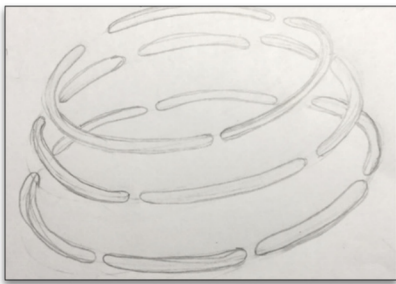
**CAROLYN:**  
**Breast Cancer Scars**

Carolyn had many scars on her chest and abdomen, so rather than pick one, she sketched them all and put them in this configuration.



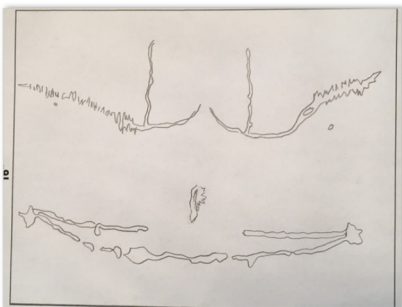
**PERHAPS YOU CAN'T SEE YOUR SCARS:**

Perhaps you can't see a scar, such as an internal scar or emotional scar. Sketch a shape that comes to your mind that you associate with this scar, such as a heart, a cross, a whirlwind. Draw an image on the paper that represents your feelings.

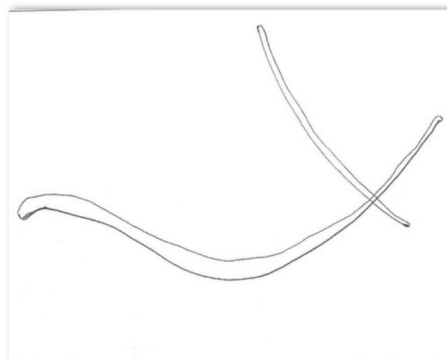


**DEBORAH:**  
**Throat Cancer Scars**

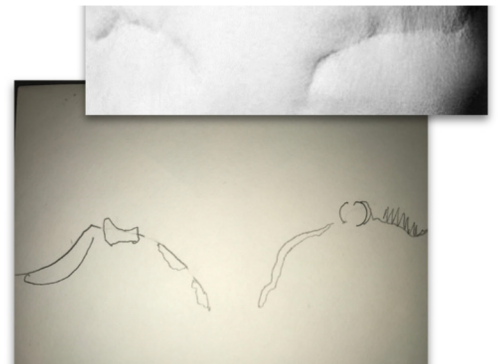
Deborah cannot see her scars, because they are now healed. But she wanted to sketch what she remembered the internal scars and scar tissue felt like from the radiation.



**SONIA**  
Breast Cancer Scars  
and Hysterectomy Scars



**JOY:**  
Breast Cancer Scars



**ANN:**  
**Breast Cancer Scars**

Ann said she never looked closely at her scars prior to this assignment. When she zoomed in, she found incredible detailing that she had never paid attention to.



## Assignment #2:2 SCAR SKETCH

Use this space to sketch your scar(s). **You can flip the paper horizontally or vertically.** If you cannot see your scar, with your eyes closed, imagine the shape or shapes of what you can feel. Examples of ScART pencil sketches are on the following page.

A large, empty rectangular box with a light pink border, intended for sketching a scar.



## Assignment #3

# A CONVERSATION WITH YOUR SCARS

### Your Cells Are Listening: How Talking To Your Body Helps You Heal

The biggest mistake we all make, is not paying attention to the thoughts in our head, because the cells are listening to our negative self-talk, 24/7. In the "Useful Things To Be Saying To Your Cells" author Ian Brown points out that **"Cells are hoarders — of emotions, of thoughts, and of previous experiences and nothing is given up unless you tell them to let go."** It is important to know that we are not a brain, supported by an inconsequential body, but a highly intelligent system. Every part of us has its own consciousness; and understanding this will help us in our self-healing. In this next exercise, we are going to ask you to have an honest conversation with your scars, with the objective of helping you reframe your thoughts to a loving perspective.

- Approach your body with genuine compassion, understanding that it is made up of conscious cells who experience emotions.
- Build trust by engaging your body in positive mental conversations about your desire for the two of you to cooperate -- which is the first step in breaking down the negative emotional walls you have built up.
- Allow changes in the conversation by using different thoughts and words that elicit spontaneous elevated emotions.





## Assignment #3

# A CONVERSATION WITH YOUR SCARS

Directions: After observing and documenting your scar/scars on paper, respond to the following prompts, first by writing to your scars in a negative way and then in a positive way. (For example, a C-Section scar may remind a woman in a negative way that she feels ugly in a bikini, but in a positive way, that she has borne a child.) We have listed an example below. Be as HONEST as possible and write in a "stream of consciousness" style without stopping to do any editing. Feel free to write these in a journal or use a different piece of paper if your thoughts require more work space.

### NEGATIVE Scar Talk

*Example: Scar, when I look at you I see a defect and deformity. You are hideous.*

Scar, when I look at you I see:

Scar, when I look at you I feel:

Scar, I want to hide you because:

Scar, you are a constant negative reminder of:

Scar, you are ugly because:

### POSITIVE Scar Talk

*Example: Scar, when I look at you I see the incredible way my body was designed to heal. You are a reminder that I survived.*

Scar, when I look at you I want to see:

Scar, when I look at you I want to feel:

Scar, I don't want to hide you anymore because:

Scar, you are a constant positive reminder of:

Scar, you are beautiful because:



# ScART Color Guide

**Red**

- Anger
- Pain
- Danger
- Fire
- Blood
- Love
- Passion

**Green**

- Growth
- Greed
- Envy
- Renewal
- Wealth
- Hope

**Brown**

- Simplicity
- Stability
- Grounded
- Friendliness

**Blue**

- Peace
- Wisdom
- Truth
- Calm
- Loyalty
- Sadness

**Orange**

- Creativity
- Happiness
- Warmth
- Success
- Fun

**Yellow**

- Energy
- Light
- Optimism
- Joy
- Sickness
- Cowardice

**Gold**

- Value
- Quality
- Victory
- Winner
- Overcoming

**White**

- Purity
- Cleanliness
- Emptiness
- Faith

**Purple**

- Peace
- Faith
- Royalty
- Pride
- Dignity
- Power

**Black**

- Death
- Mystery
- Fear
- Evil
- The Unknown
- Confusion

**Grey**

- Coldness
- Self-Reflection
- Elegance
- Grace

**Pink**

- Innocence
- Romance
- Femininity
- Caring
- Sweetness



# "THE EMOTIONS OF COLOR"

On the previous page, you will see a color palette, with a list of emotions that are commonly associated with each color. Take a moment to study the color chart and then write a list below of positive colors and negative colors that relate to how you feel. (We put an example on the first line to show you what to do). We recommend that for your first ScART class that you paint with these colors...however this is up to you. There are no right or wrong answers. Go with your gut feelings.

## NEGATIVE FEELINGS

What negative feelings do you associate with your surgery, scar or experience. List the color that corresponds to that feeling.

## POSITIVE FEELINGS

What positive feelings do you associate with your surgery, scar or experience. List the color that corresponds to that feeling.

**COLOR:** Black (as an example)

**EMOTION:** Confusion

**COLOR:** Pink (as an example)

**EMOTION:** Femininity

**COLOR:**

**EMOTION:**

**COLOR:**

**EMOTION:**

**COLOR:**

**EMOTION:**

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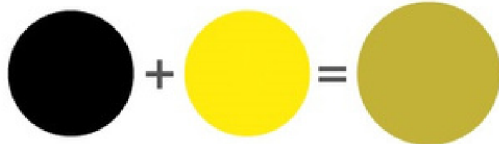
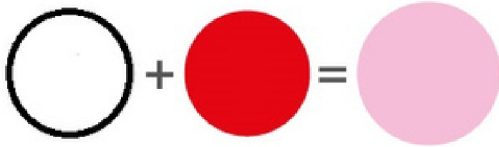
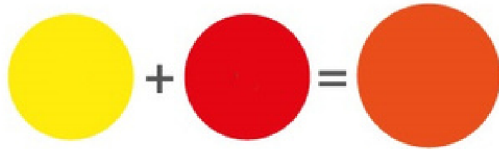
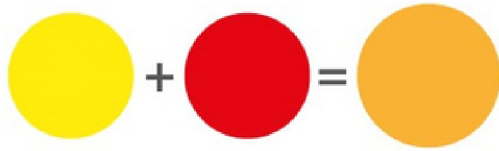
**EMOTION:**

**COLOR:**

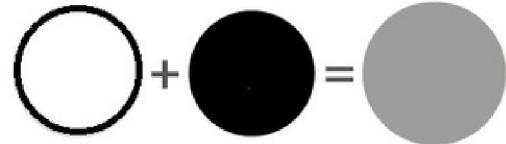
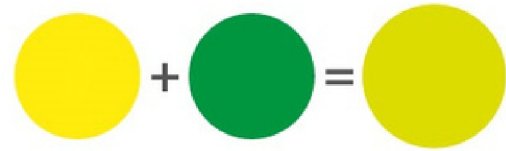
**EMOTION:**

# Color Mixing Ideas

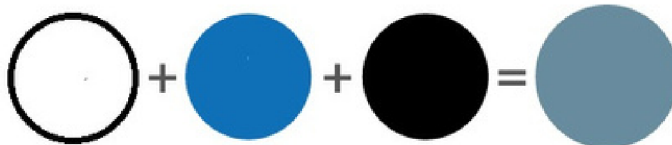
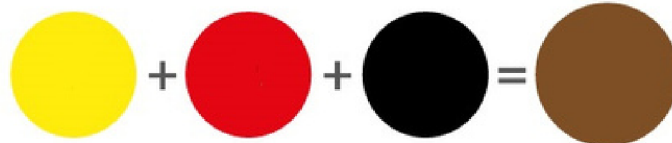
Mix these two colors to get this color



Mix these two colors to get this color



Mix these three colors to get this color



# Notes