

See, Think, Feel, Wonder

Identify the image your group is assigned: Excerpt #____, page(s) _____ from Ellen Forney's book, *Marbles: Mania, Depression, Michelangelo and Me*.

Instructions

1. Appoint a time keeper who will keep time as well as the group's discussion focused.
2. Spend a few minutes quietly looking at the image assigned to your group. Then make your notes on each of the following categories based on what you see, think, feel, and wonder:
 - a. I/We See: List specific things you observe in the drawing. For example, you might see a face, a word, thick lines, thin lines, and many other items.
 - b. I/We Think: What do these items remind you of? What do they suggest to you about depression or bipolar disorder?
 - c. I/We Feel: What emotional response does this item provoke in you? For example, does this item evoke a sense of happiness and calm in you? Or does it make you anxious?
 - d. I/We Wonder: What questions do you have about what you see in the drawing? What do you want to know more about?
3. Have each person in your group share what they noted. Afterwards, as a group, consider other items in the drawing and add notes above about those items.

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4. Review the final notes under See, Think, Feel and Wonder above, and make inferences about the following statements based on your work with the image:

a. The symptoms of depression and/or bipolar disorder include...

b. Someone coping with depression and/or bipolar disorder might...