



# Deine Entscheidung

Mein Weg durch die psychosomatische Reha in Zeichnungen



Manchmal verrennt man sich im Leben, dreht in einer Schleife. Dann erkennt man sich nicht mehr und kann die guten Dinge im Leben nicht mehr sehen.

So ging es zumindest mir.

Mein Umfeld hatte schon früher erkannt, dass ich etwas ändern musste - ich habe dafür länger gebraucht. Aber auch ich bin letzten Endes zu dem Schluss gekommen, dass für eine Neuausrichtung im Leben und mit den Gedanken mal wieder auf Grund zu kommen, eine Auszeit notwendig ist.

Also habe ich mich für eine psychosomatische Reha entschieden.

Nach längerer Wartezeit konnte ich die dann auch antreten. Ich bin mit dem festen Vorsatz gefahren, alles, was angeboten wird, mache ich mit. So habe ich mich dann an der Rezeption der von mir ausgesuchten Rehaklinik abgegeben. Für mich war das erstmal sehr entlastend. Man hat einen festen Tagesplan, Freizeit, feste Essenszeiten und Mitpatienten, die größten Teils dieselben Probleme haben.

Etwas Glück gehört vielleicht auch dazu, ich hatte gute Therapeuten und bin an eine fantastische Gestalttherapeutin geraten, die mir viele Denkansätze eröffnet hat.

Die Kur startete - und ich habe angefangen in meiner Freizeit zu zeichnen.

Ich habe gesessen und gezeichnet



hier,  
und vielleicht auch im strömenden Regen hier.



hier,



hier

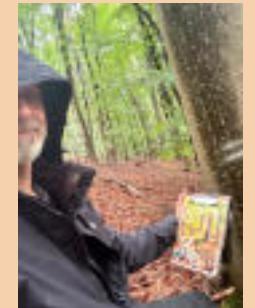


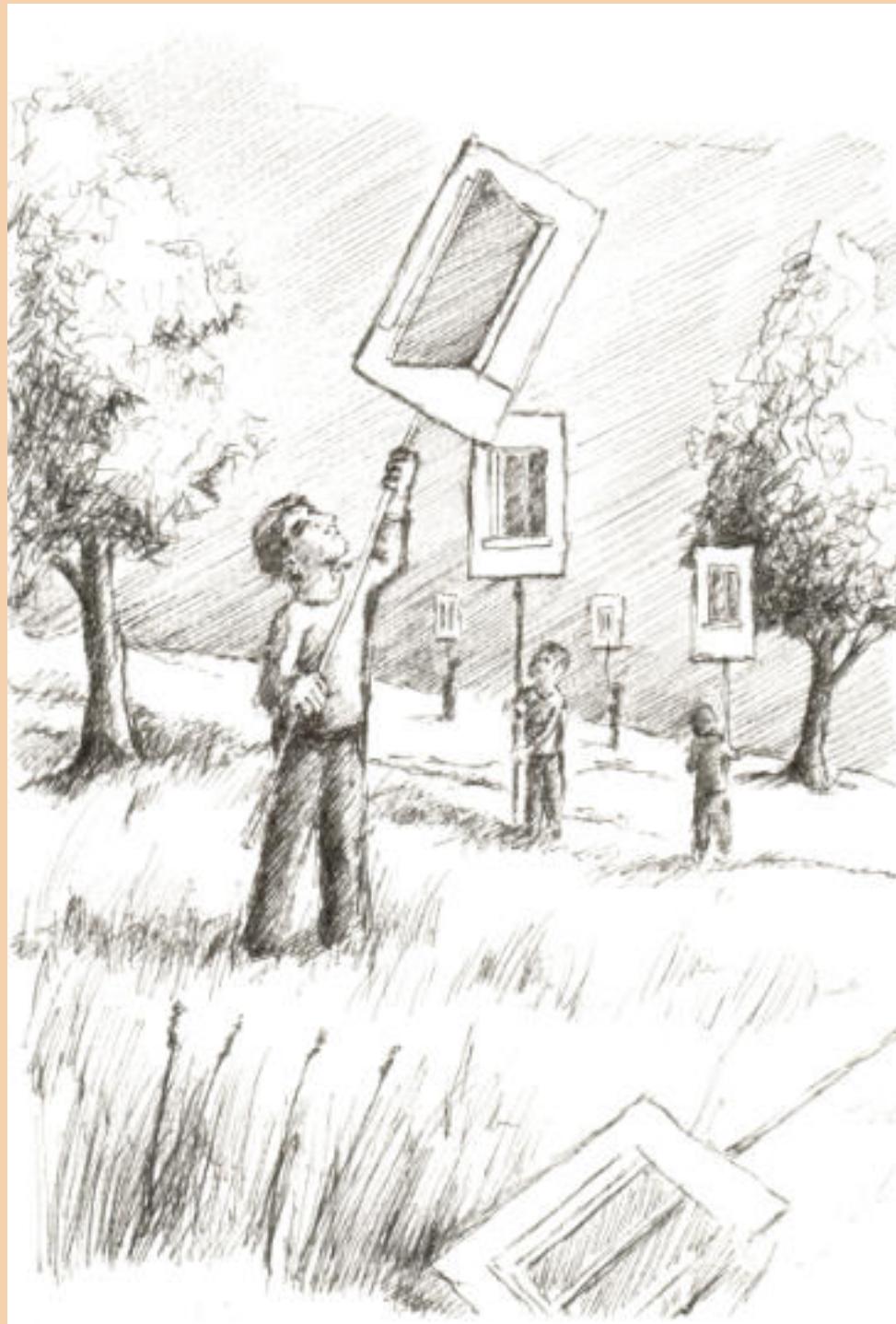
hier

Zum Ende der Kur hatte ich dann über 140 Zeichnungen. Die habe ich hier - nach Tagen geordnet - und egal ob sie mir gefallen oder nicht - zusammengefasst.

Das habe ich in erster Linie für mich gemacht. Damit habe ich die Kur abgeschlossen.

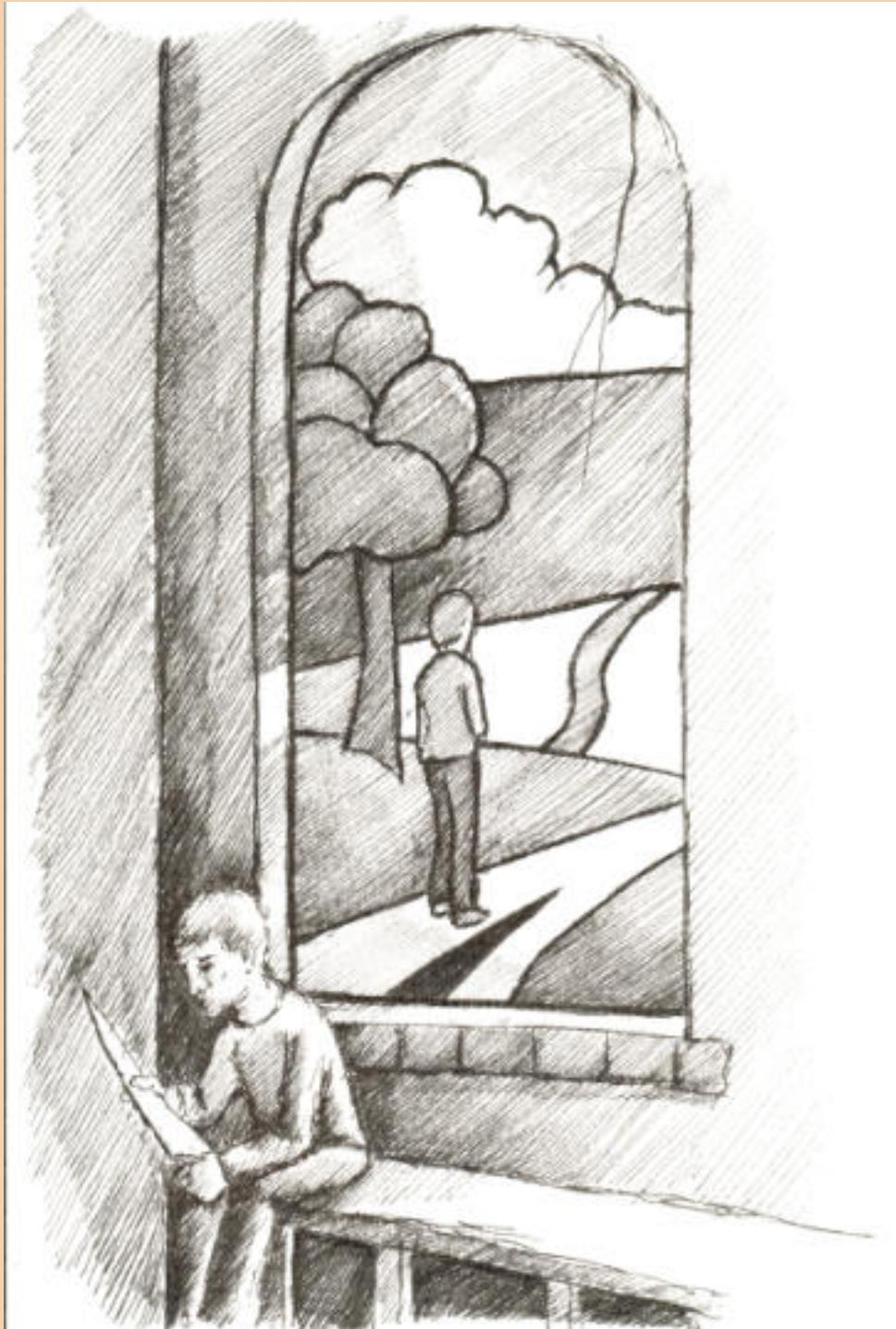
Aber vielleicht kann ja der ein oder andere etwas damit anfangen, sich in der ein oder anderen Zeichnung wiedererkennen - keine Ahnung.



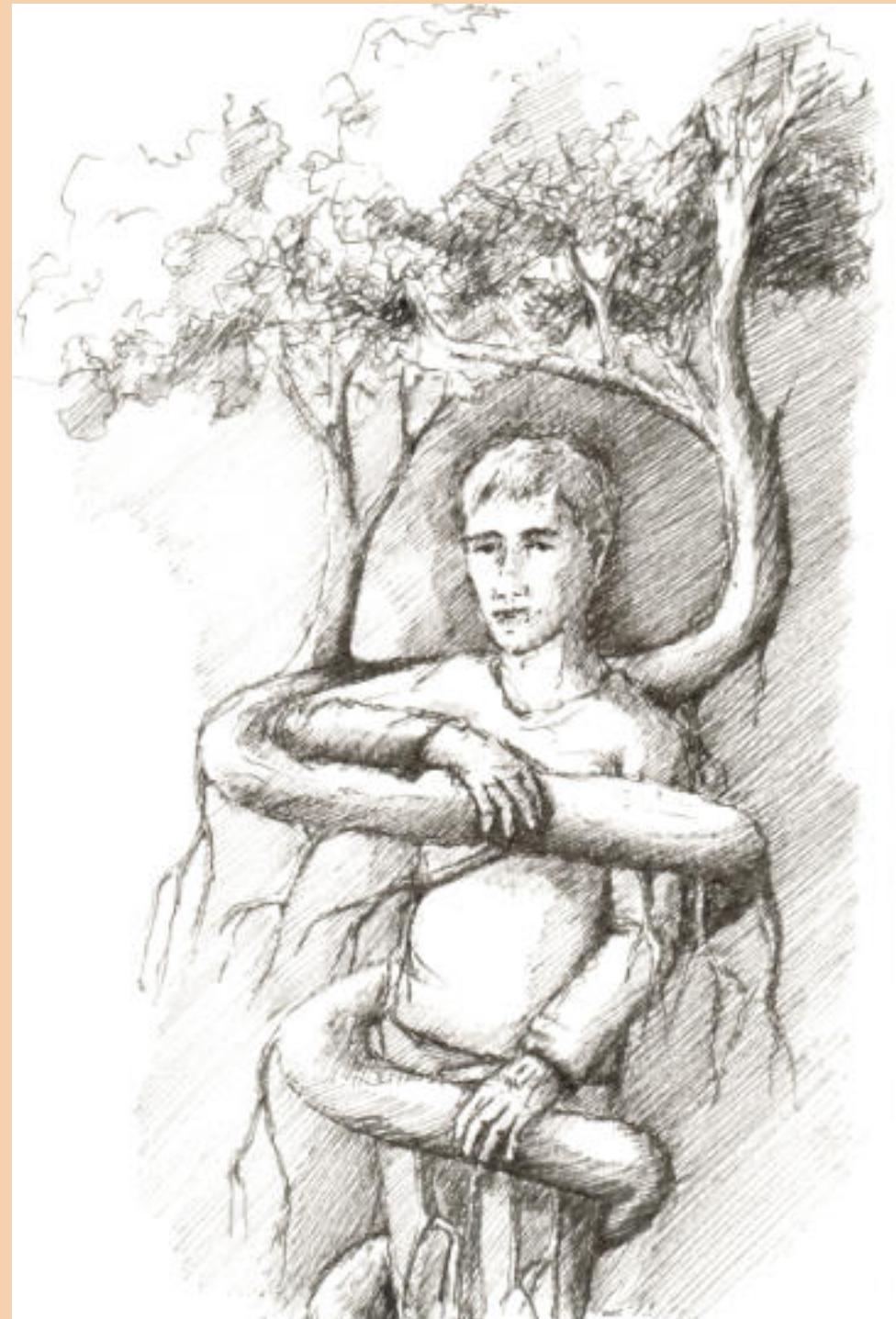


Tag 1

Tag 1



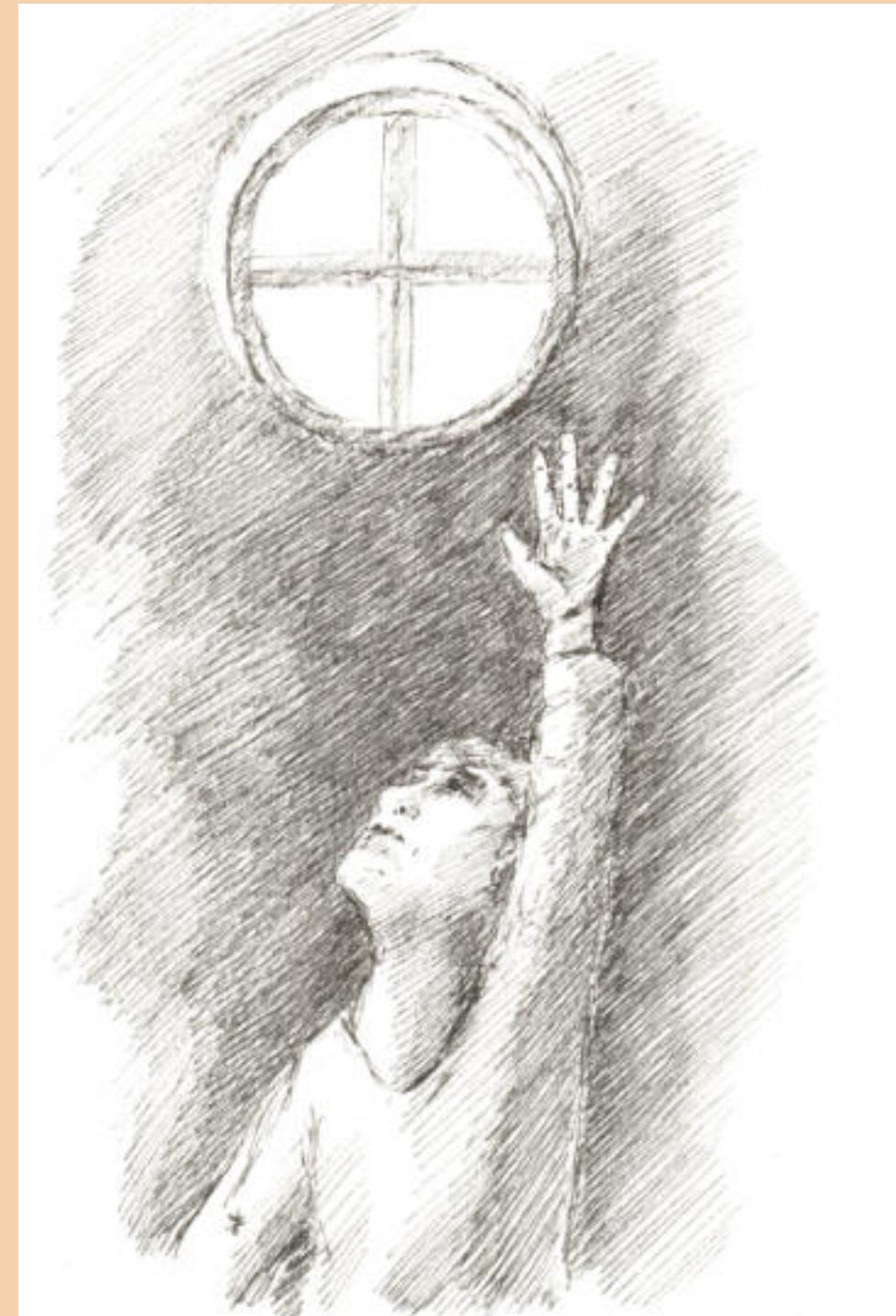
Tag 1



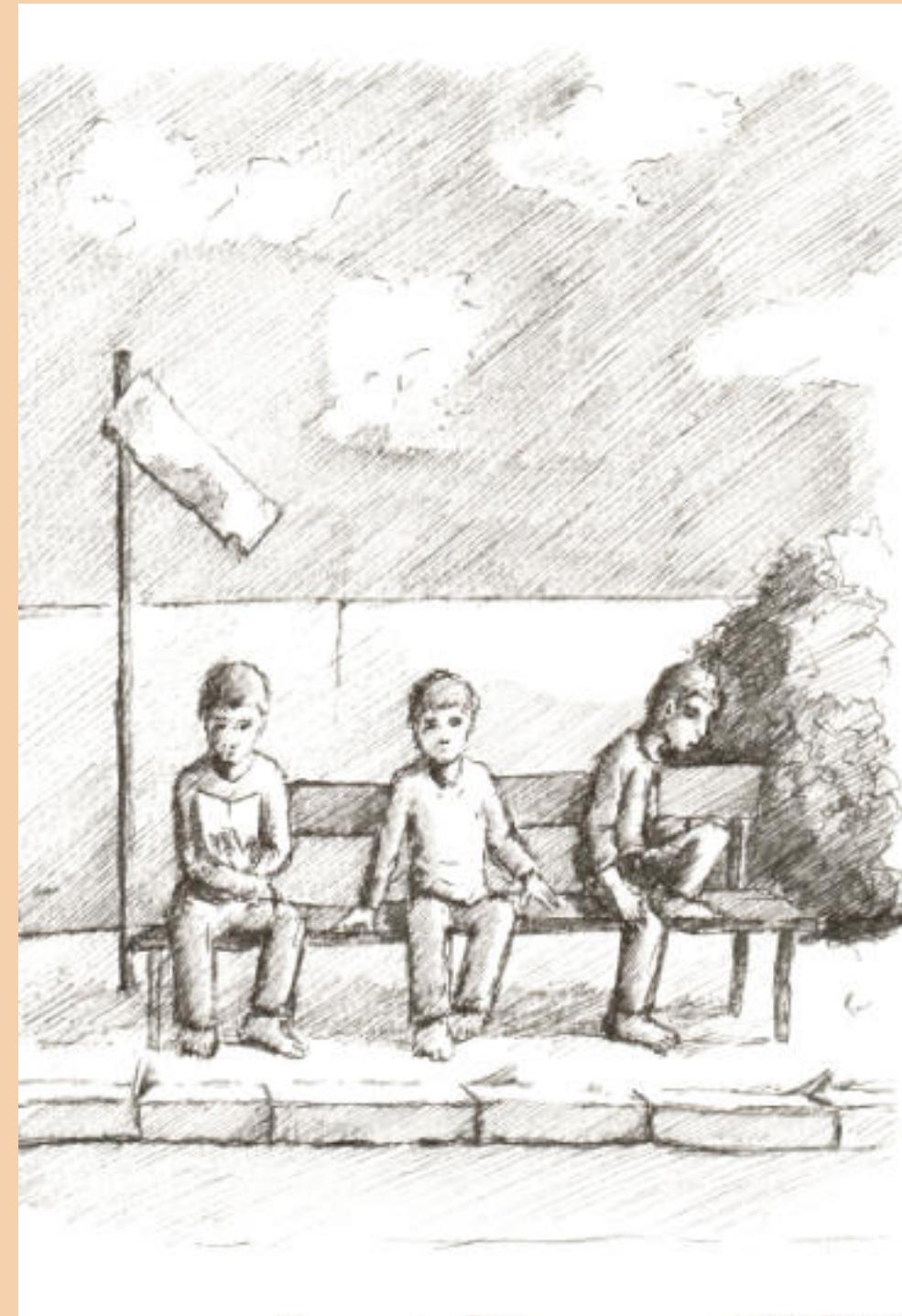
Tag 1



Tag 2



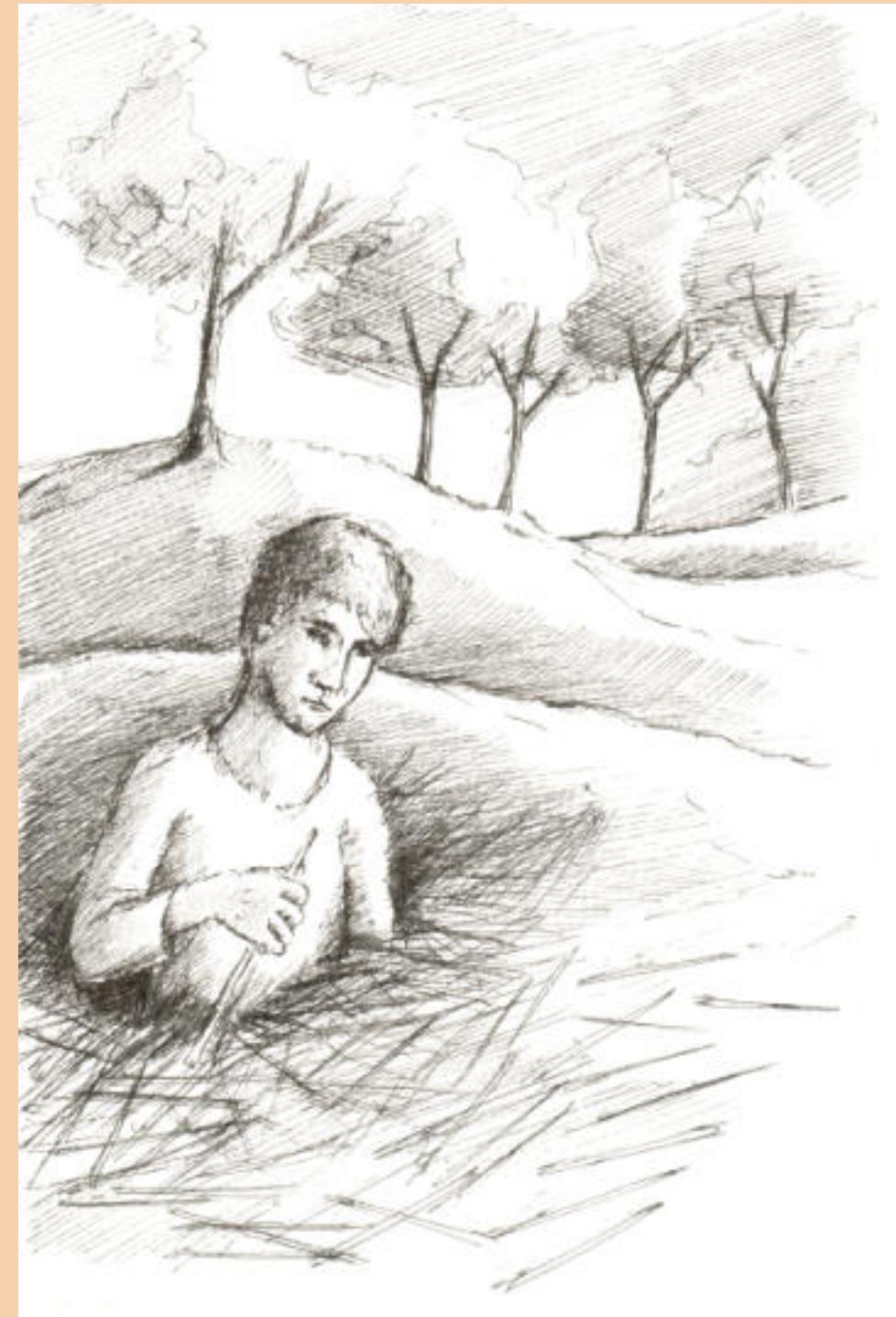
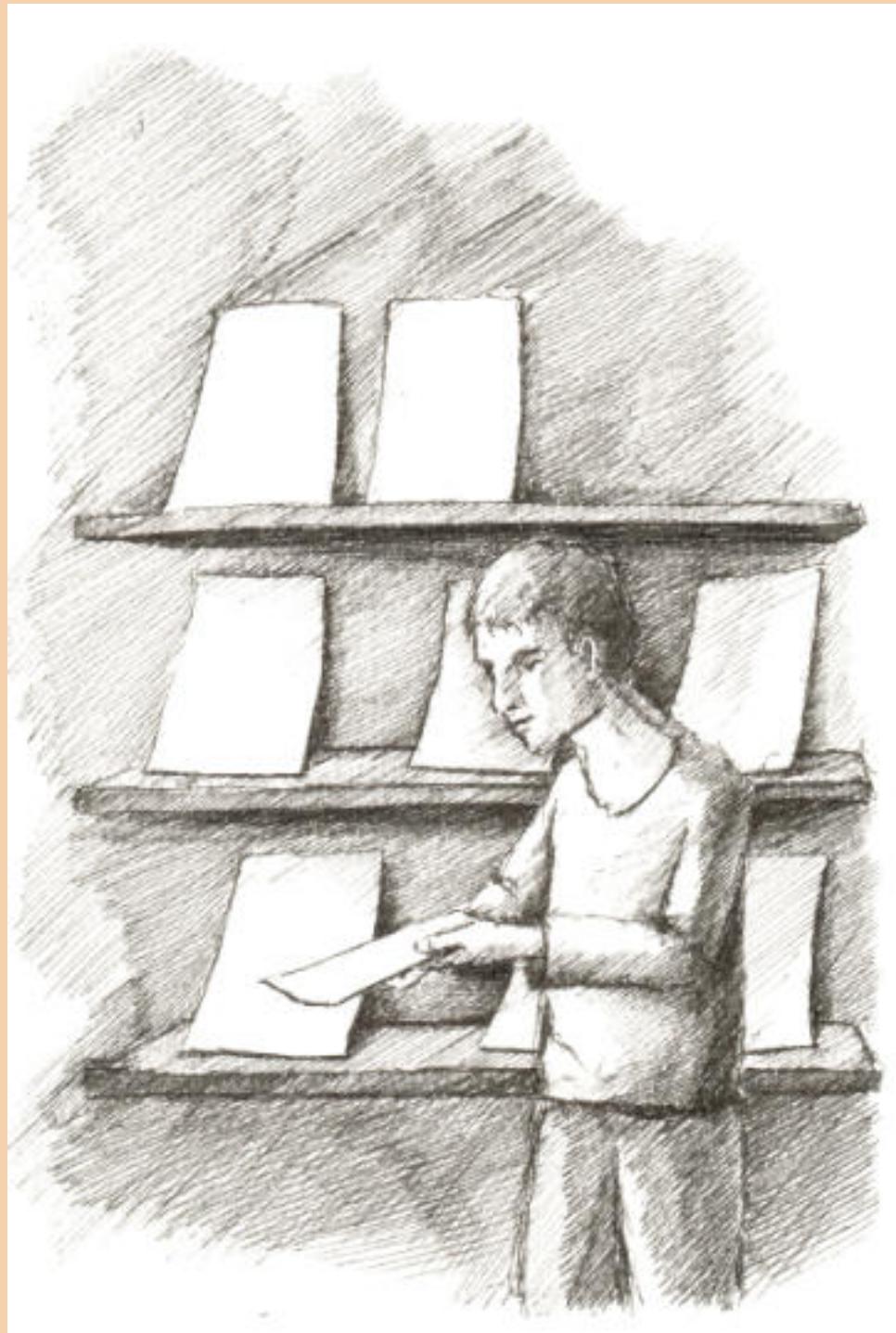
Tag 2



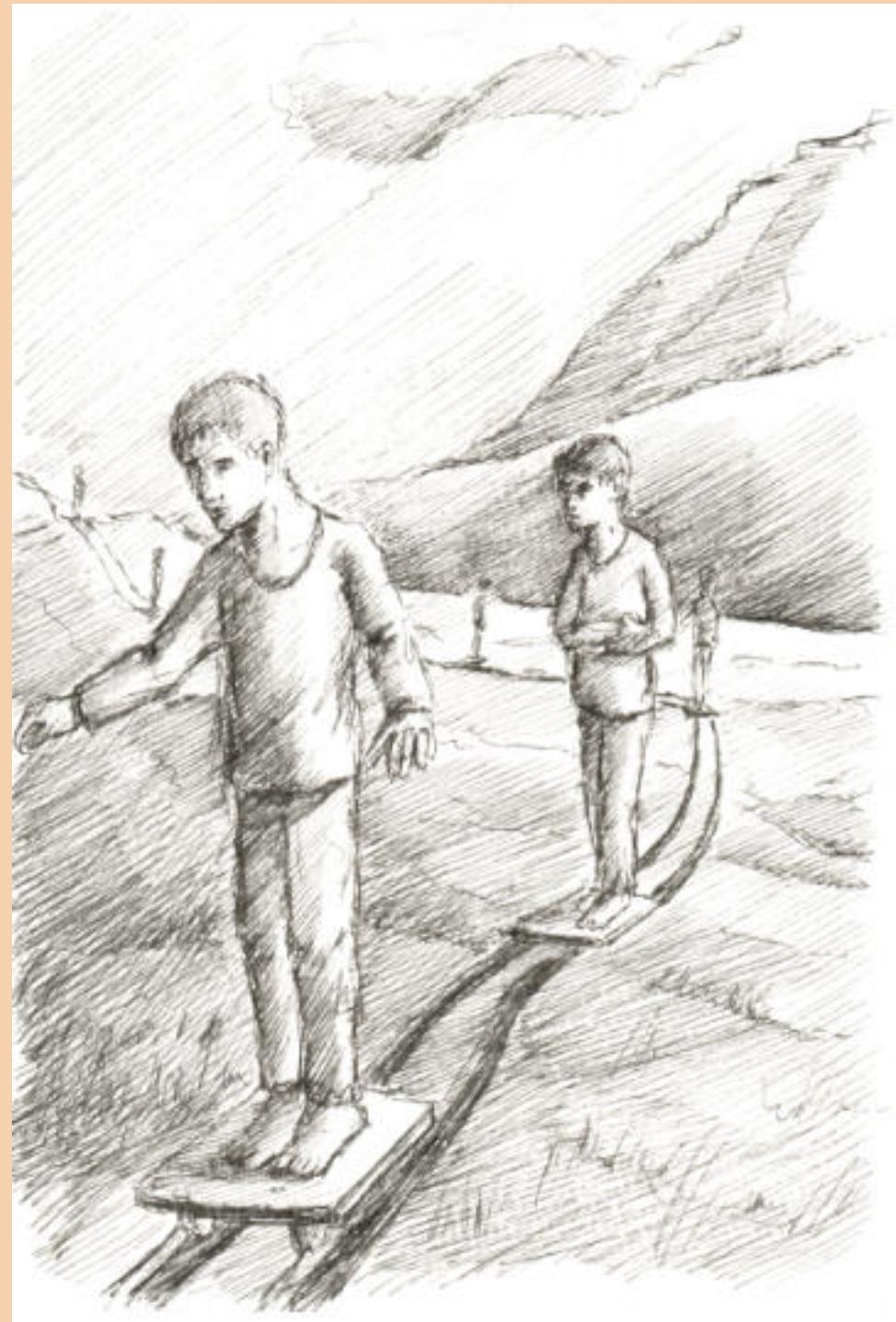
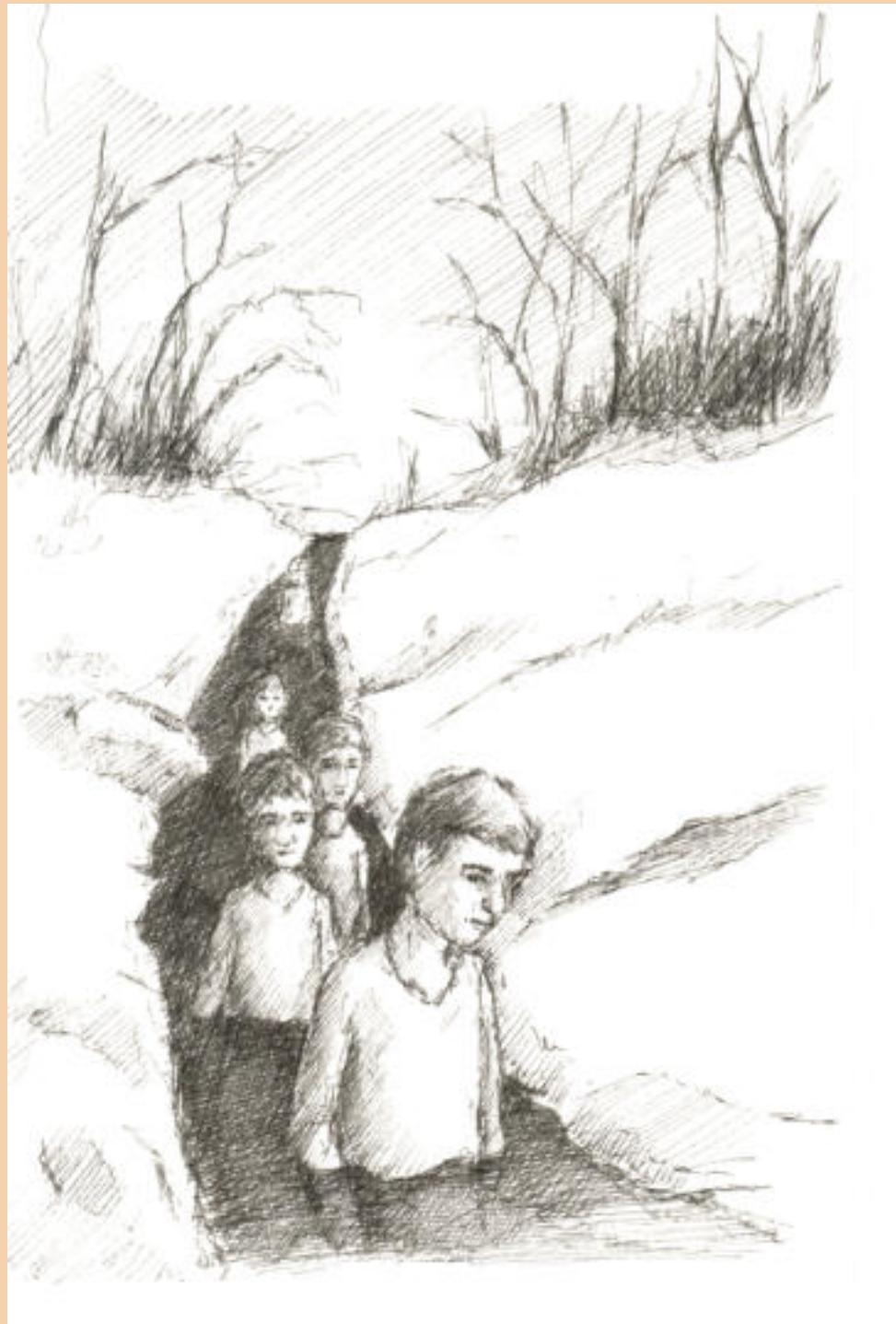
Tag 3



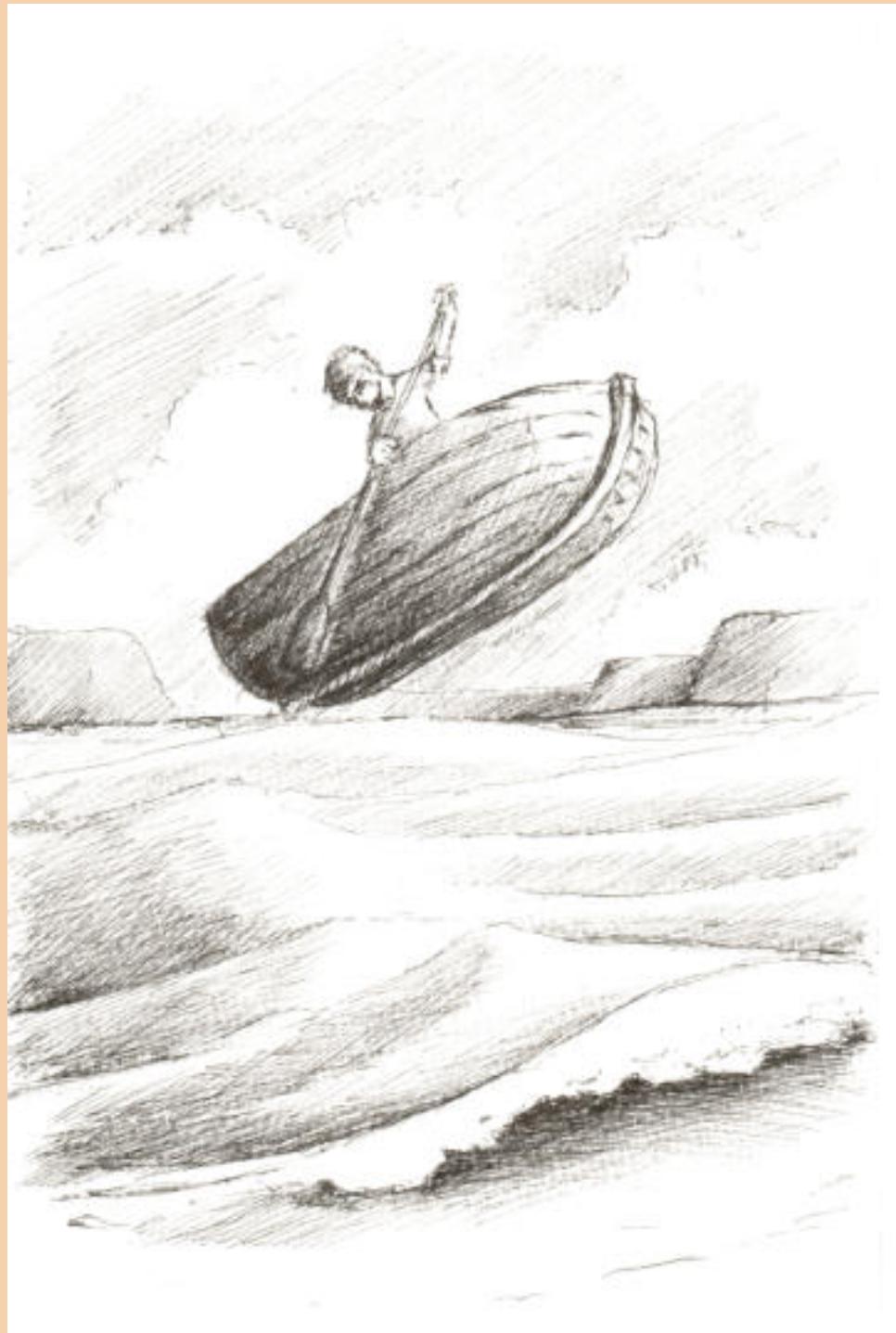
Tag 4



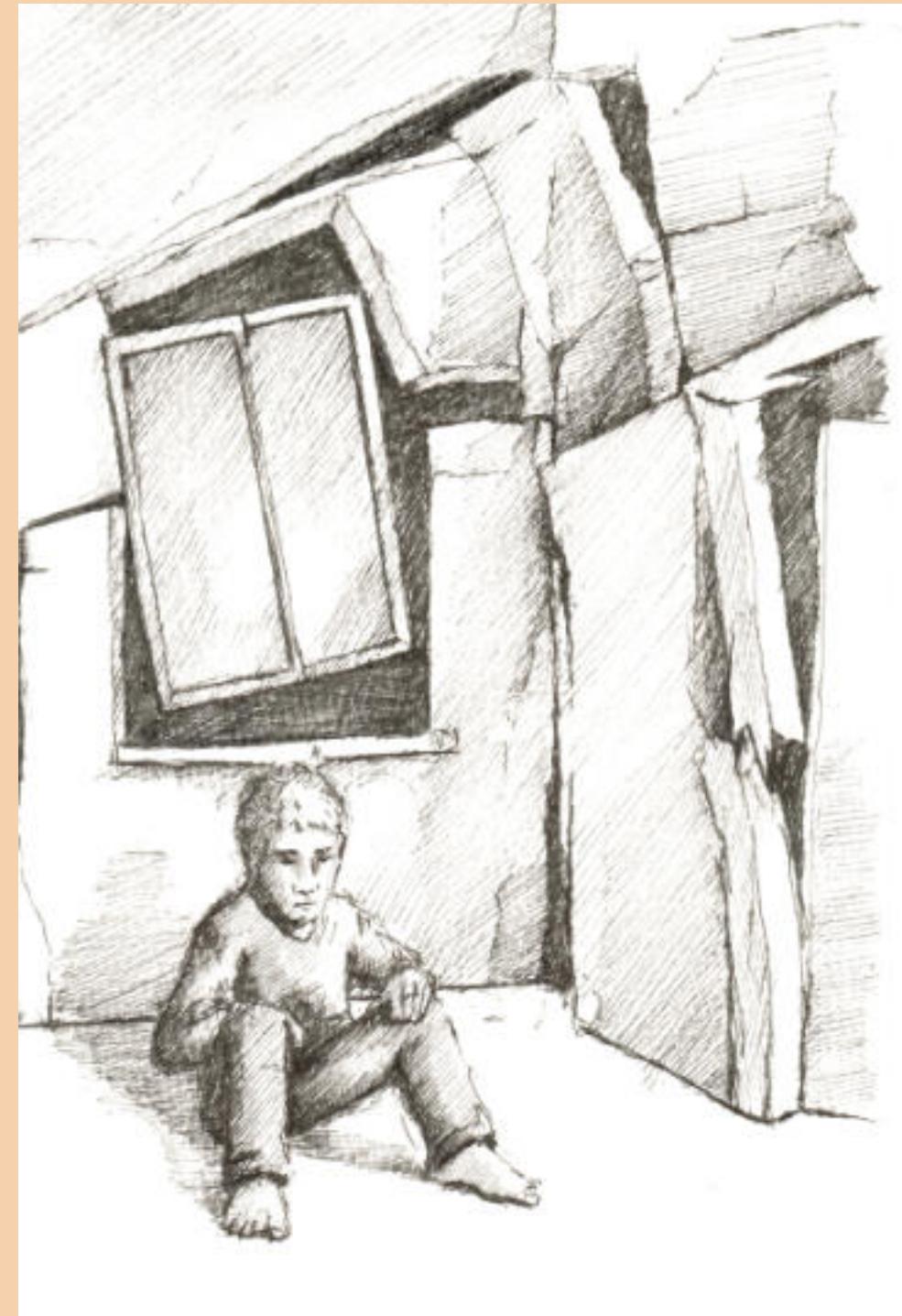




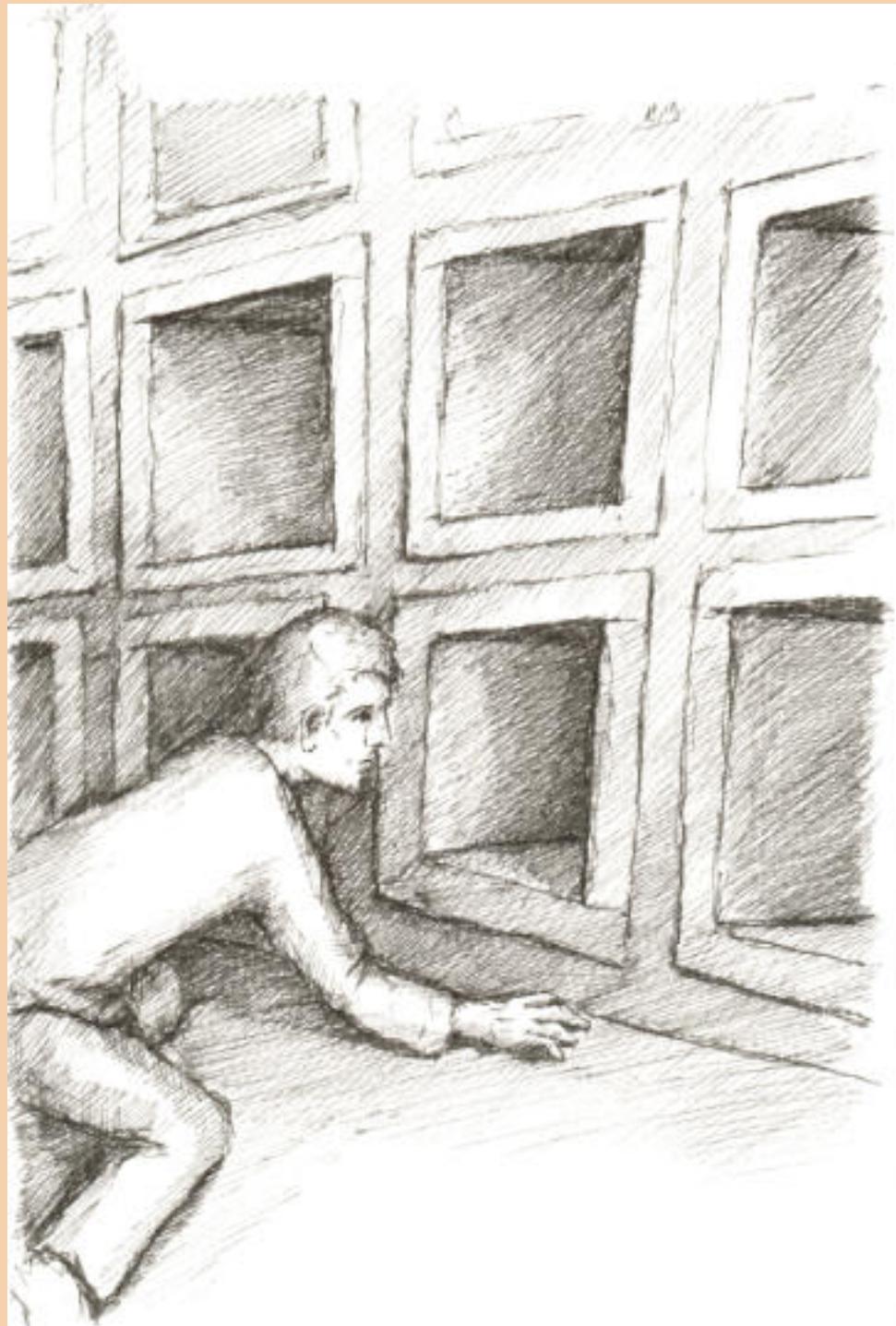
Tag 5



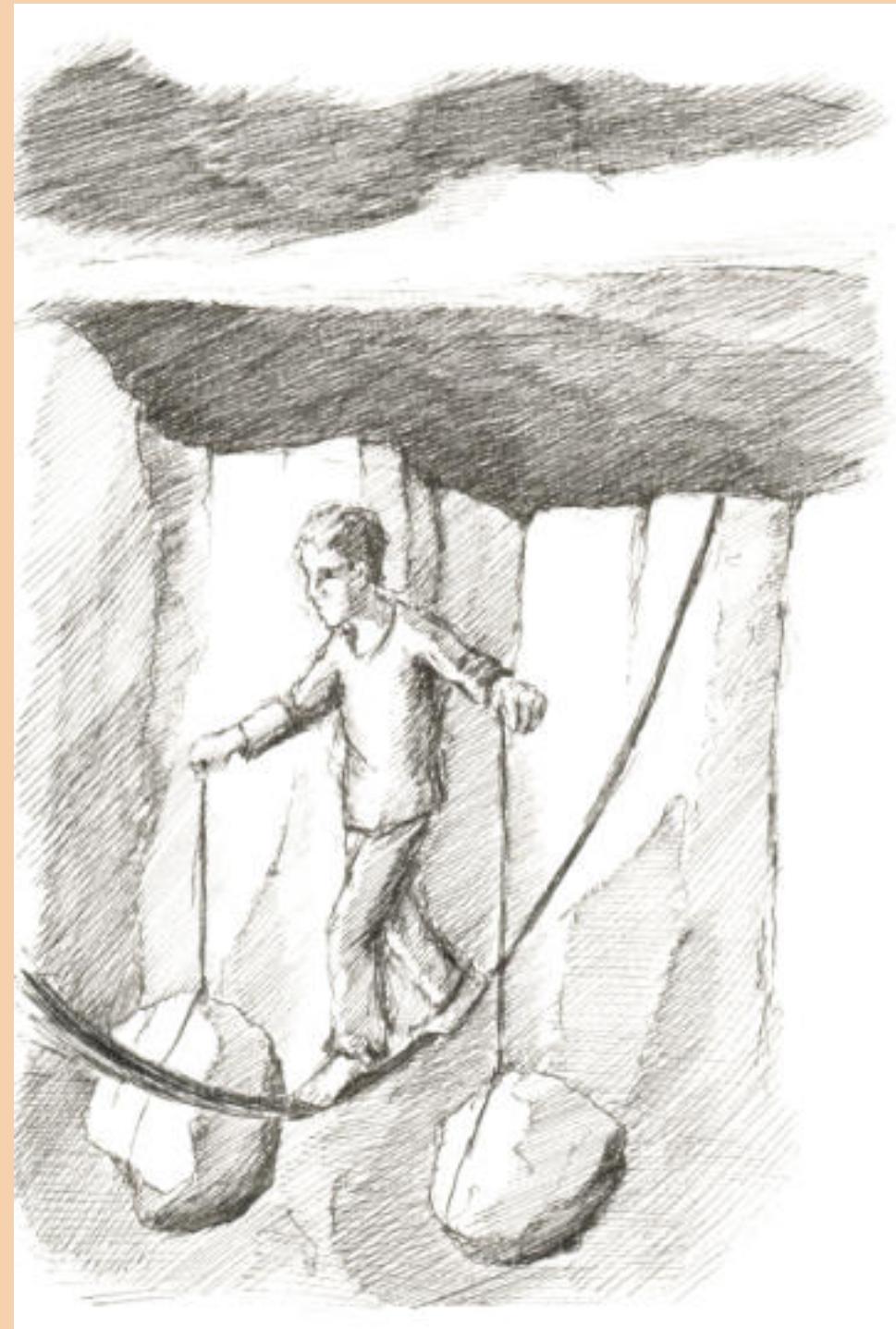
Tag 5



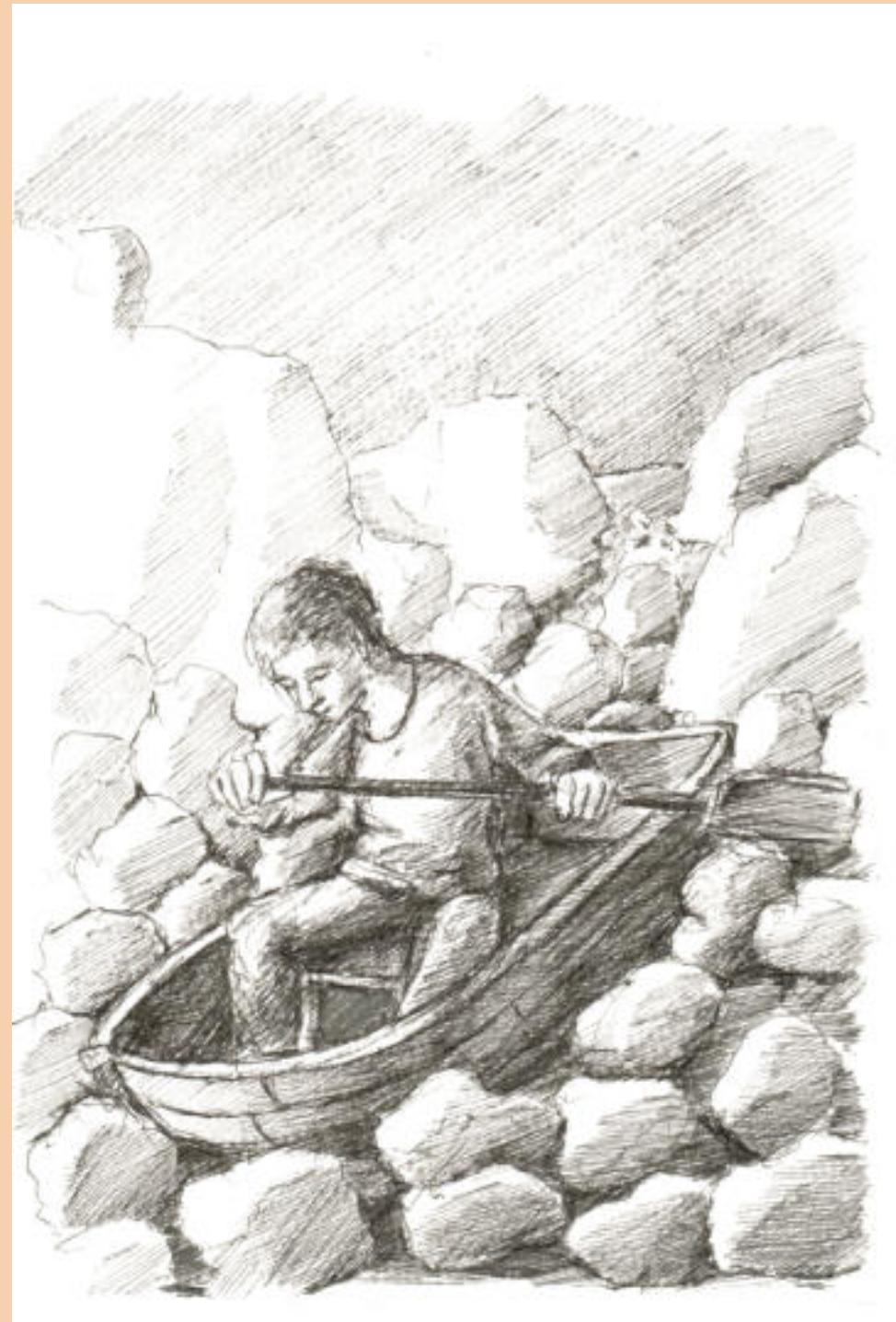
Tag 6



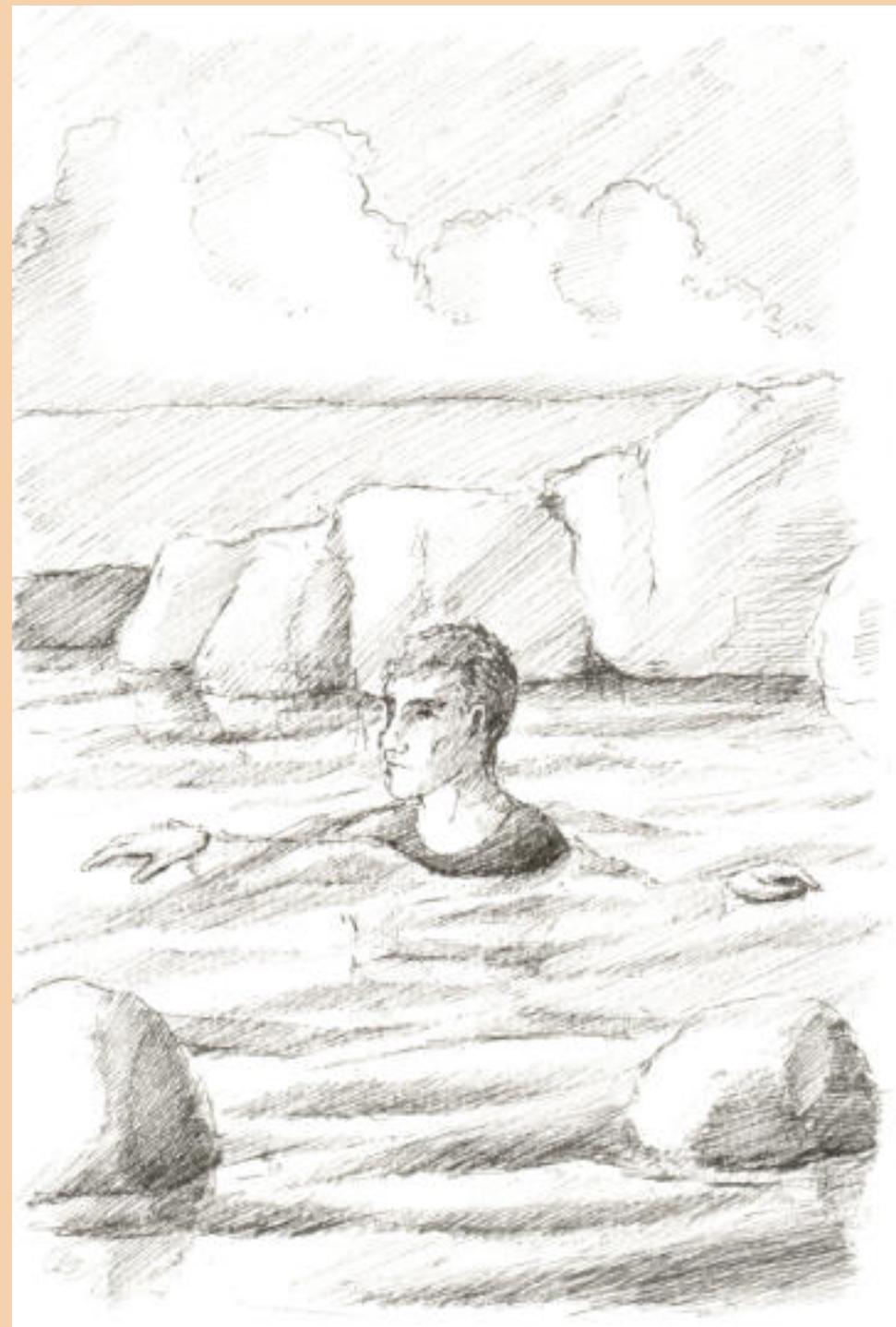
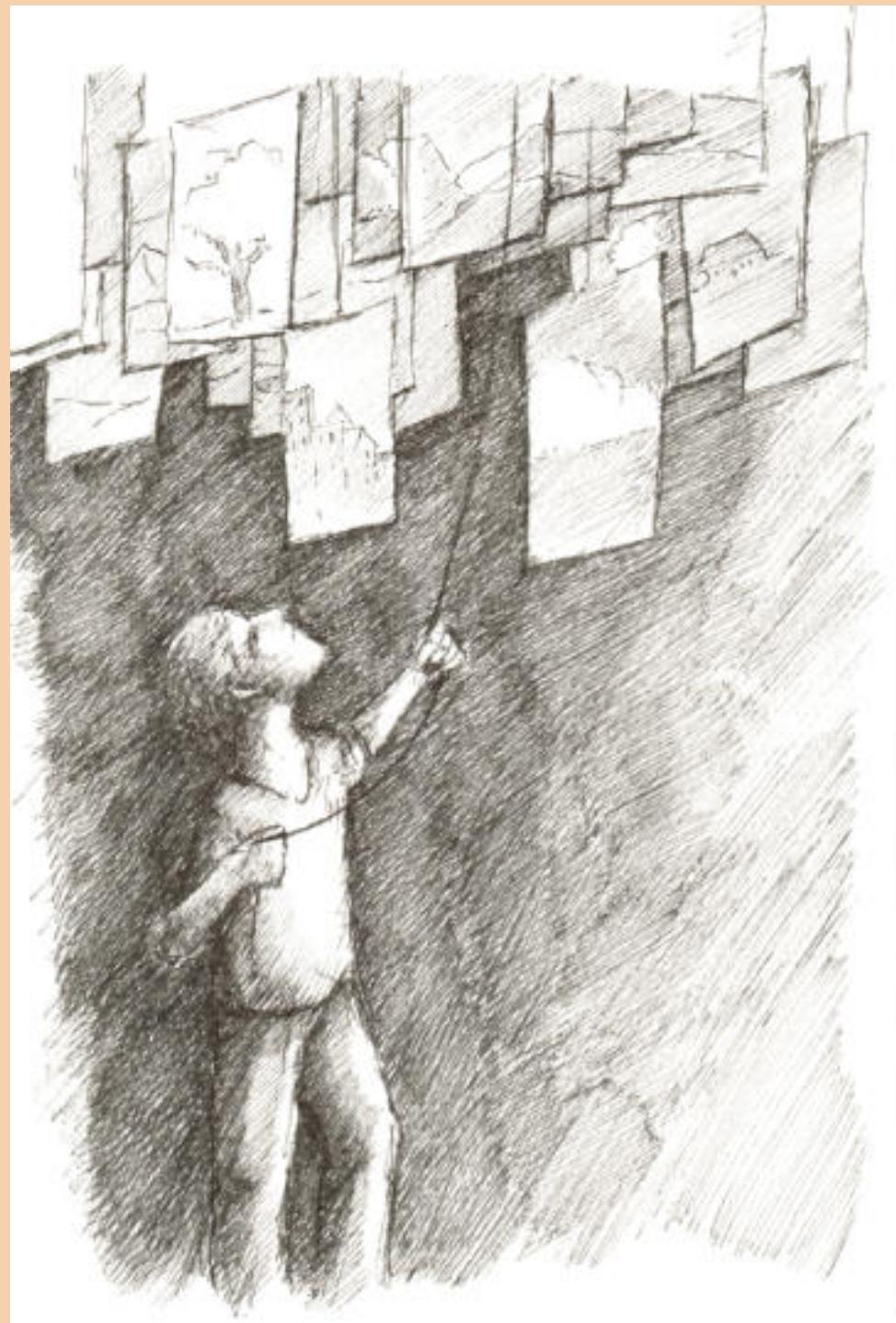
Tag 7



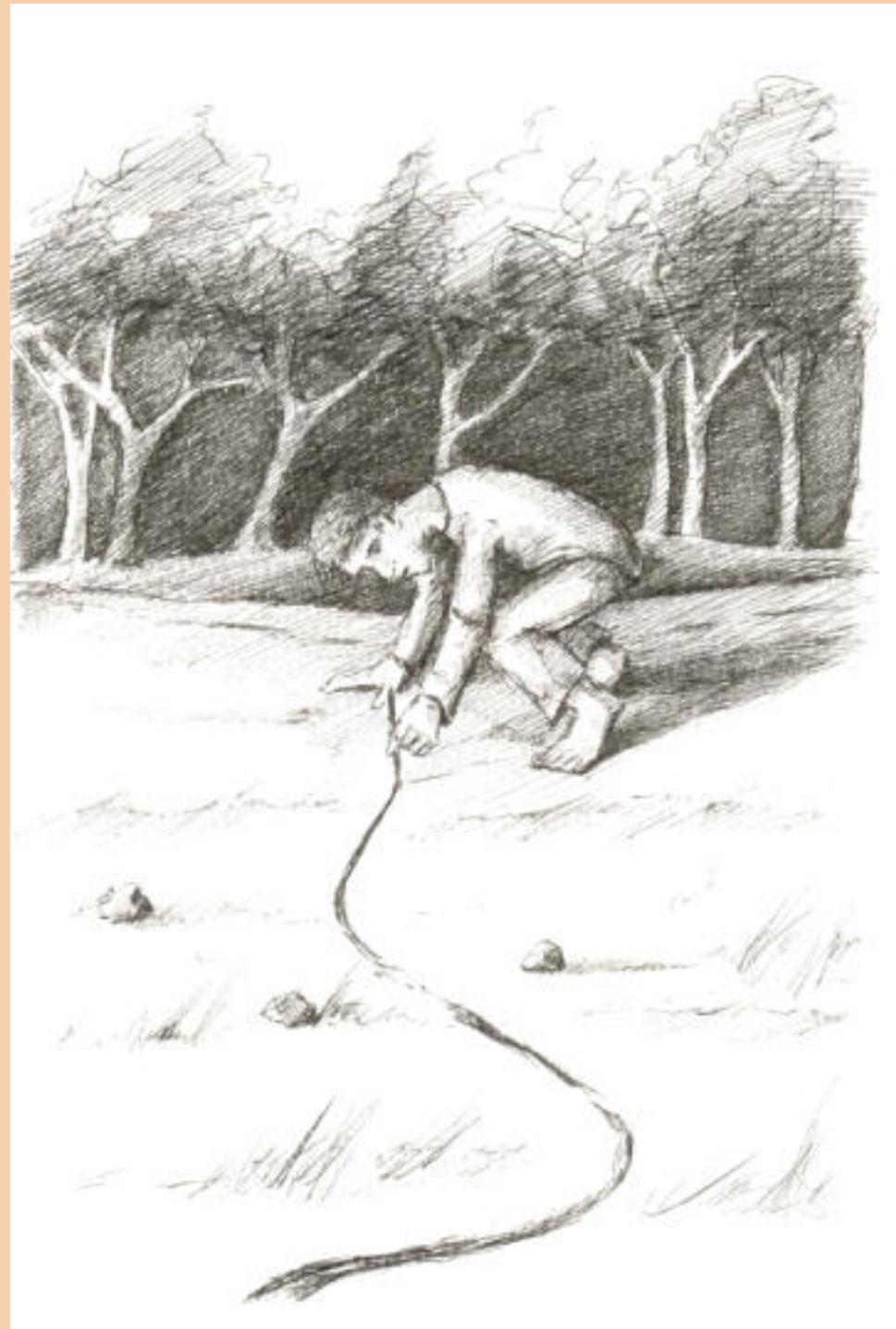
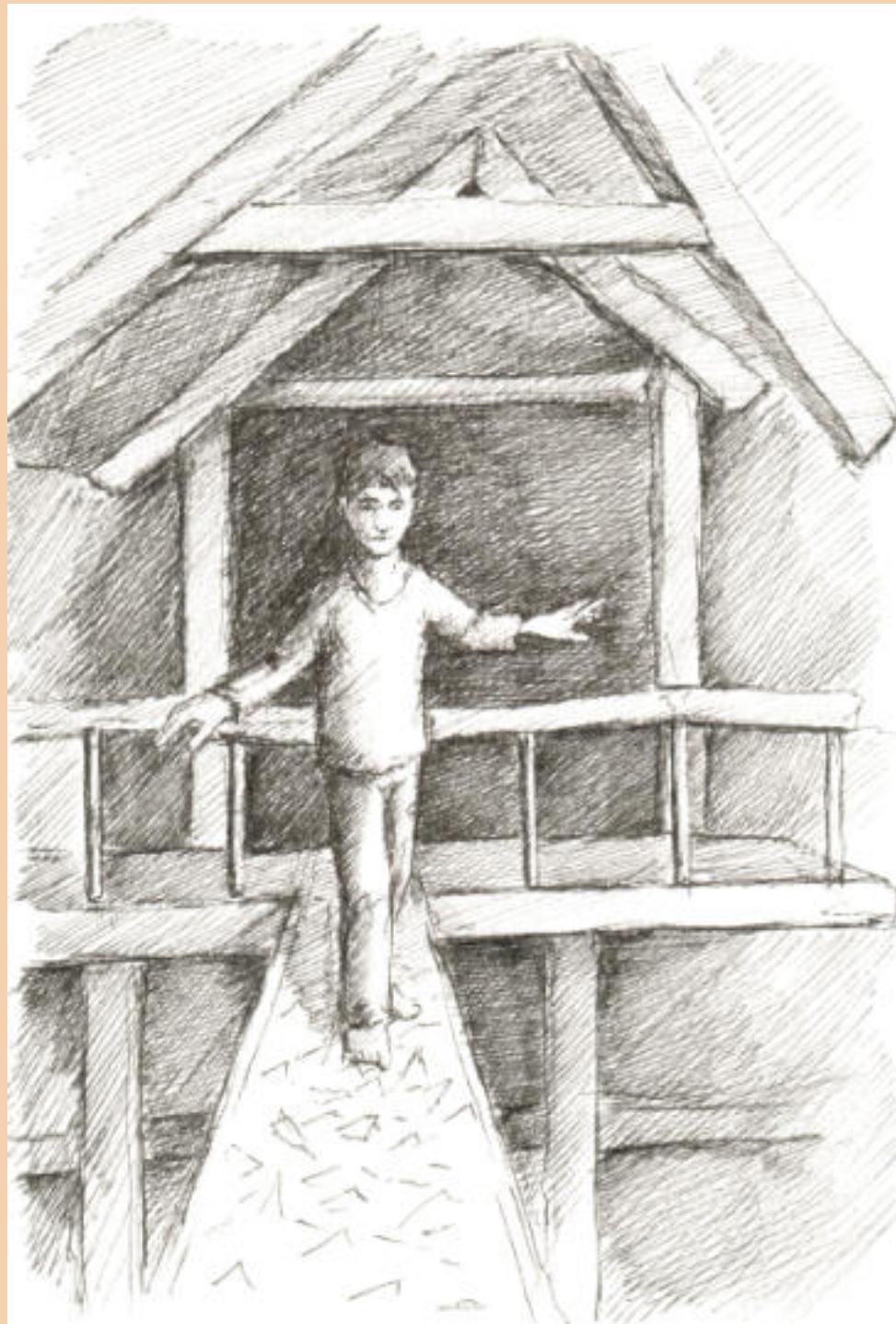
Tag 8



Tag 8



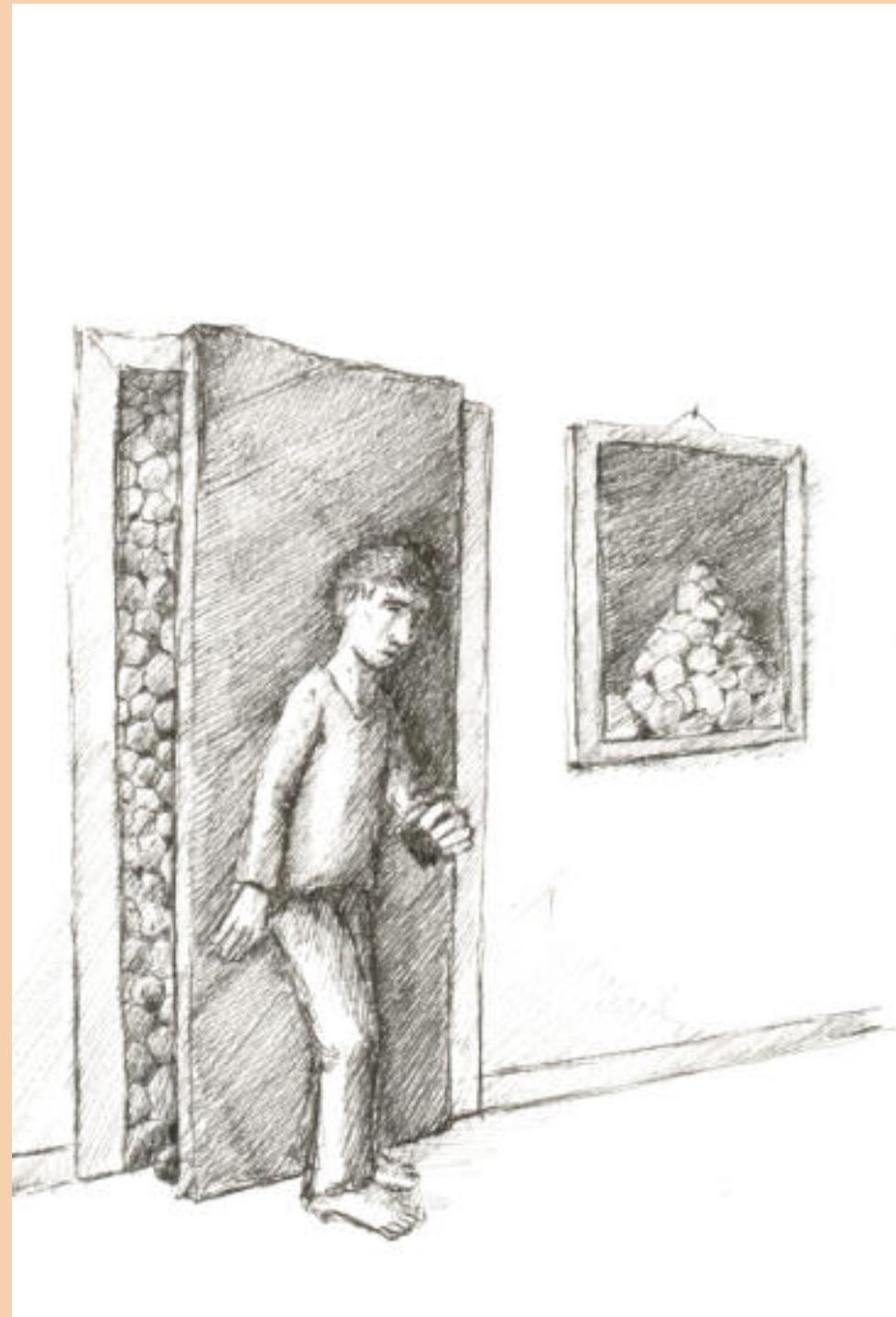
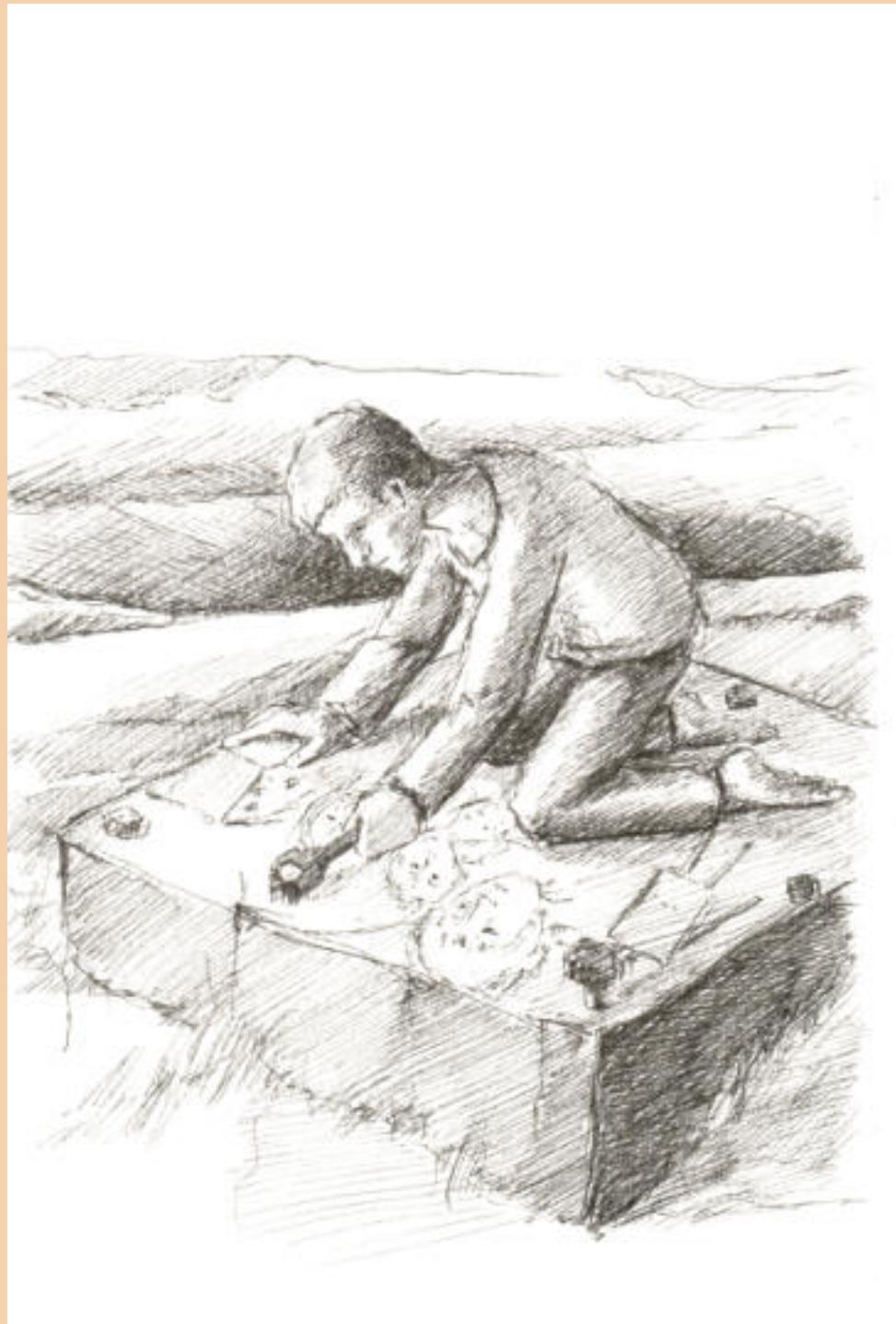
Tag 9



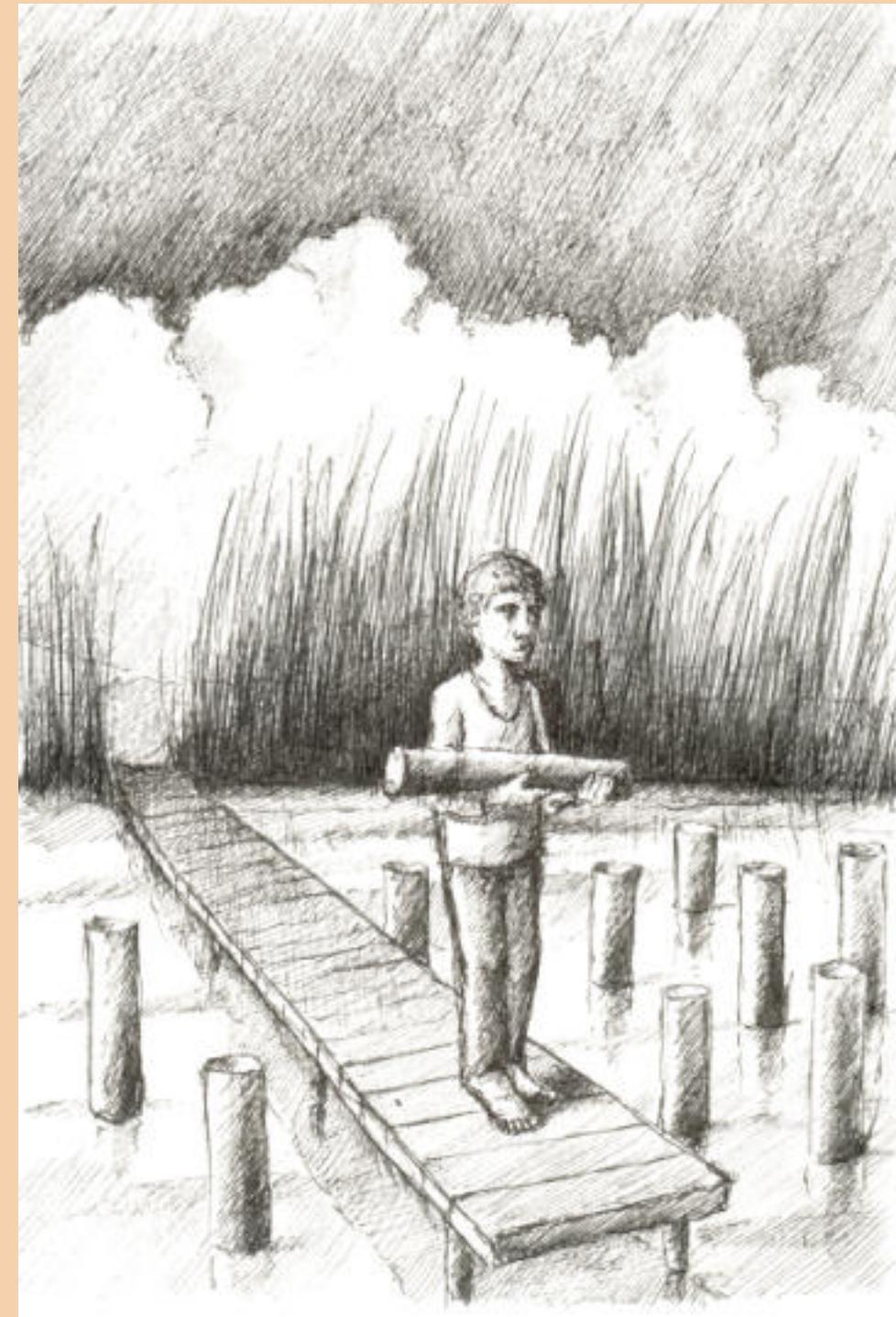
Tag 10



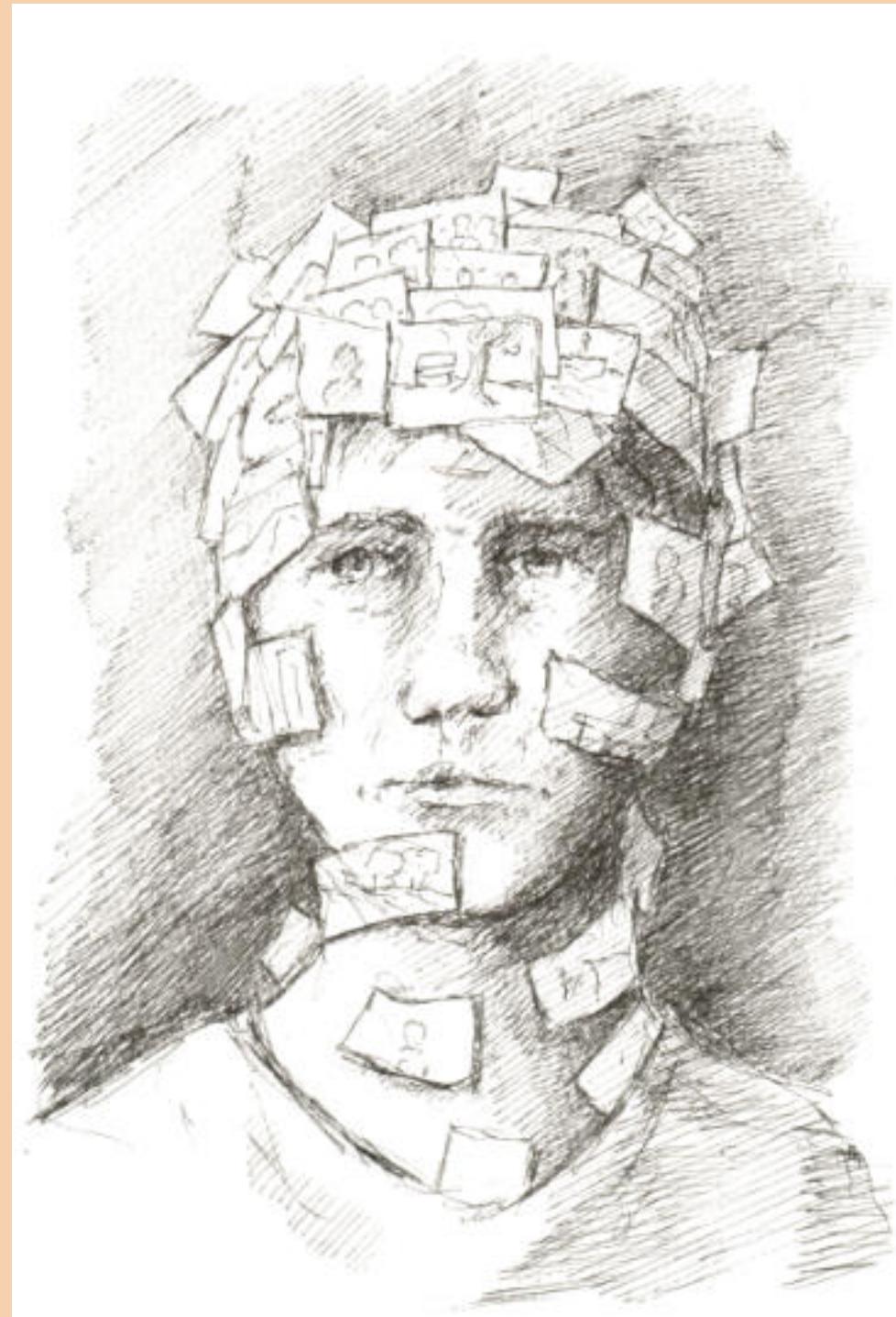
Tag 10



Tag 11



Tag 12



Tag 13



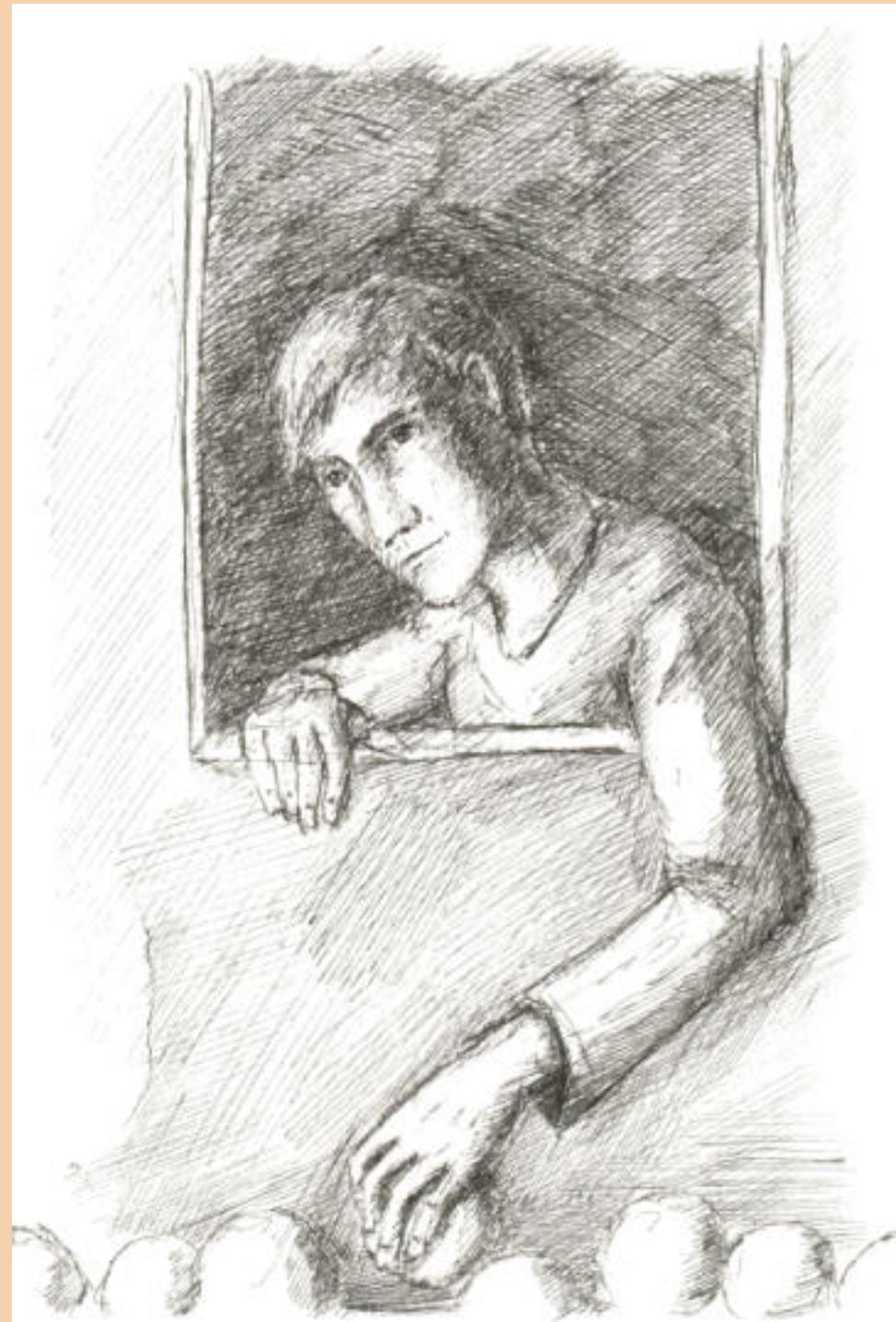
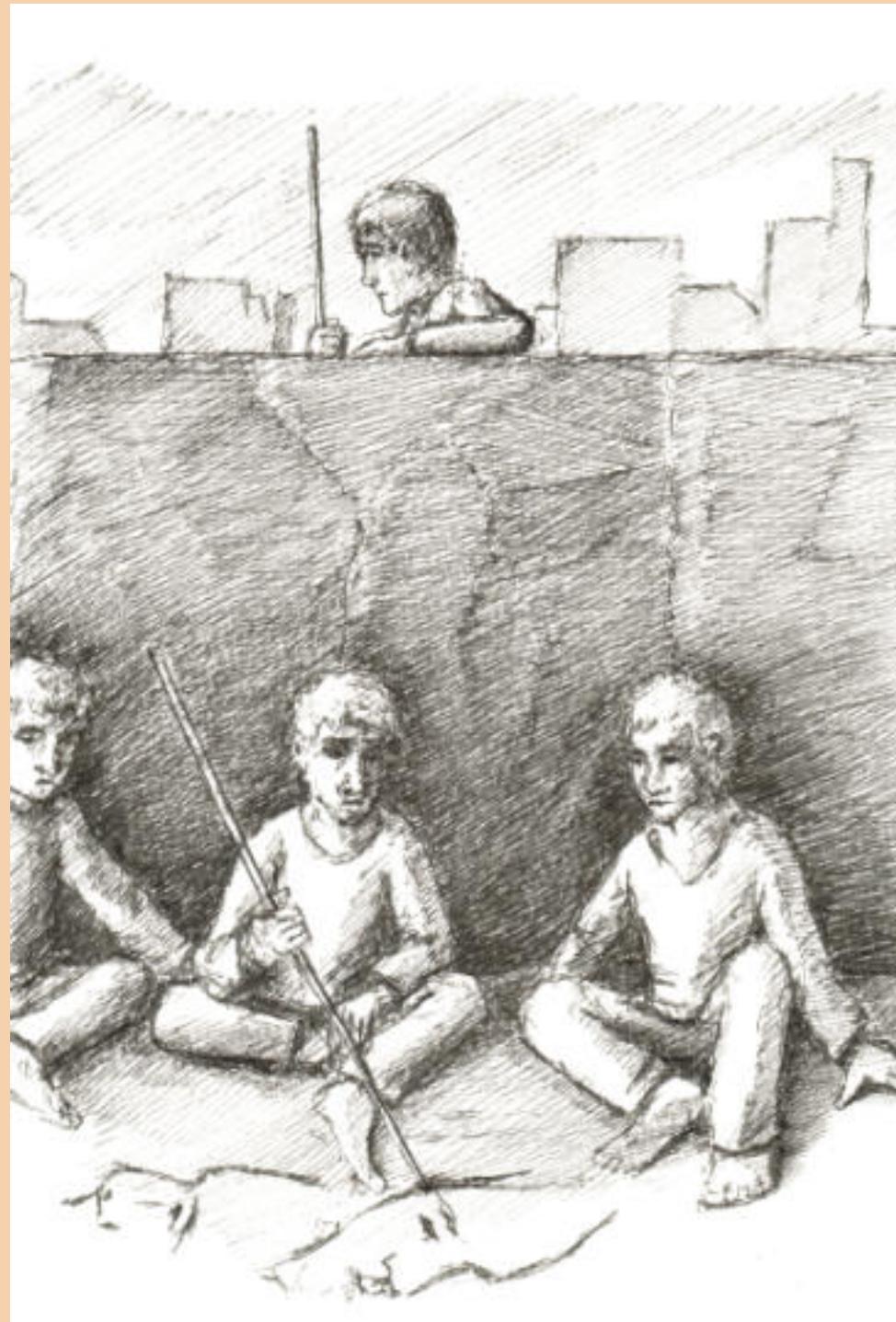
Tag 14



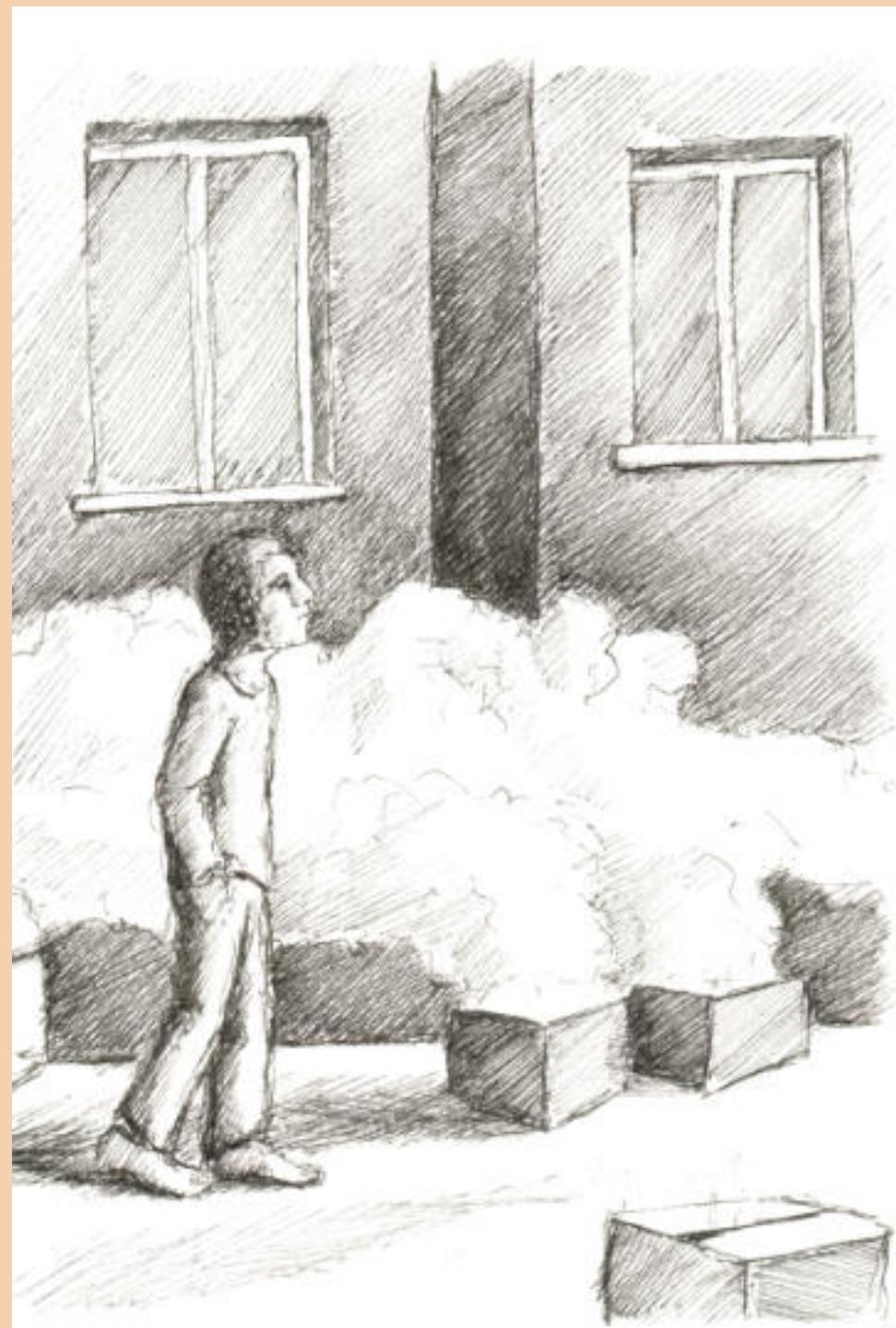
Tag 15

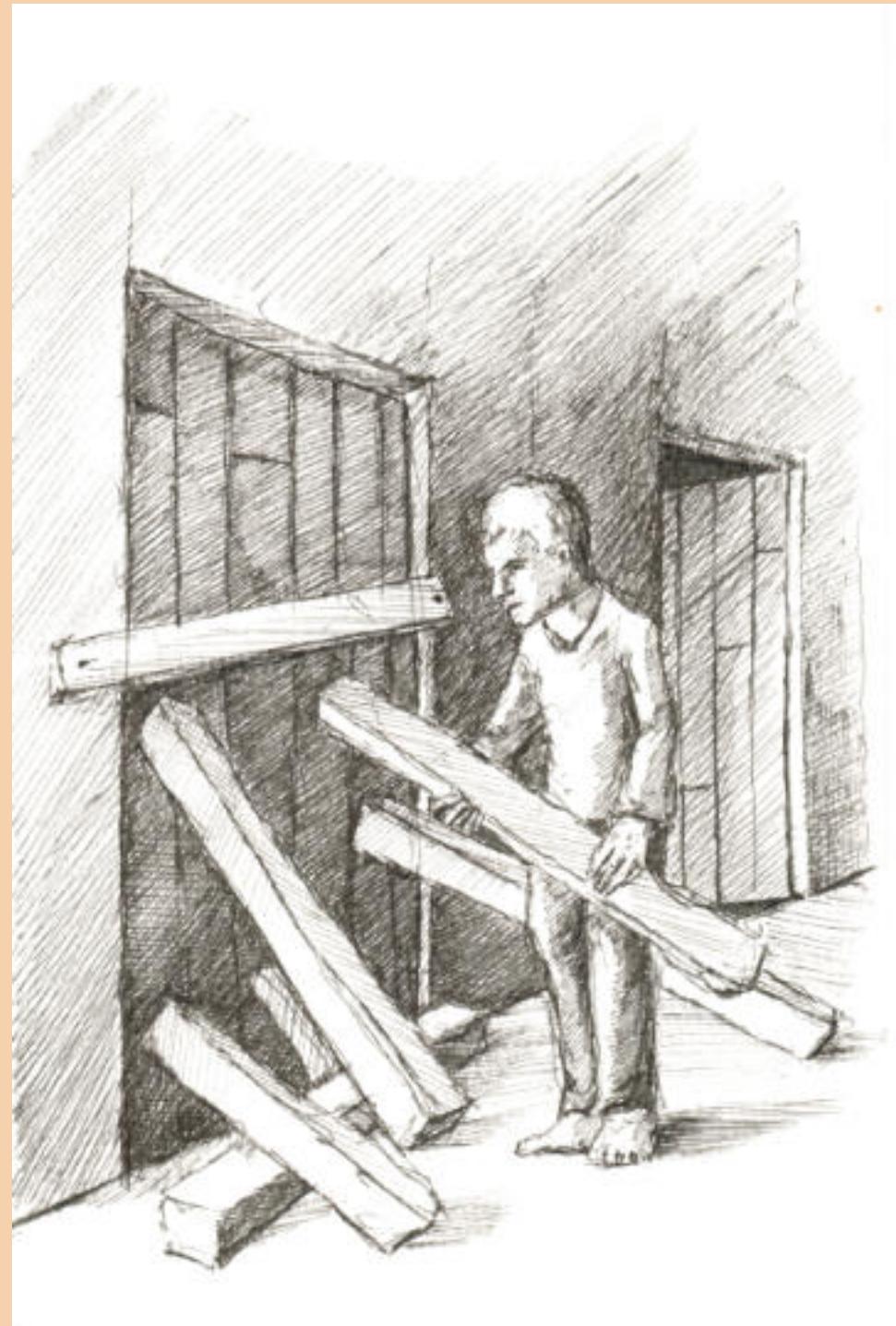
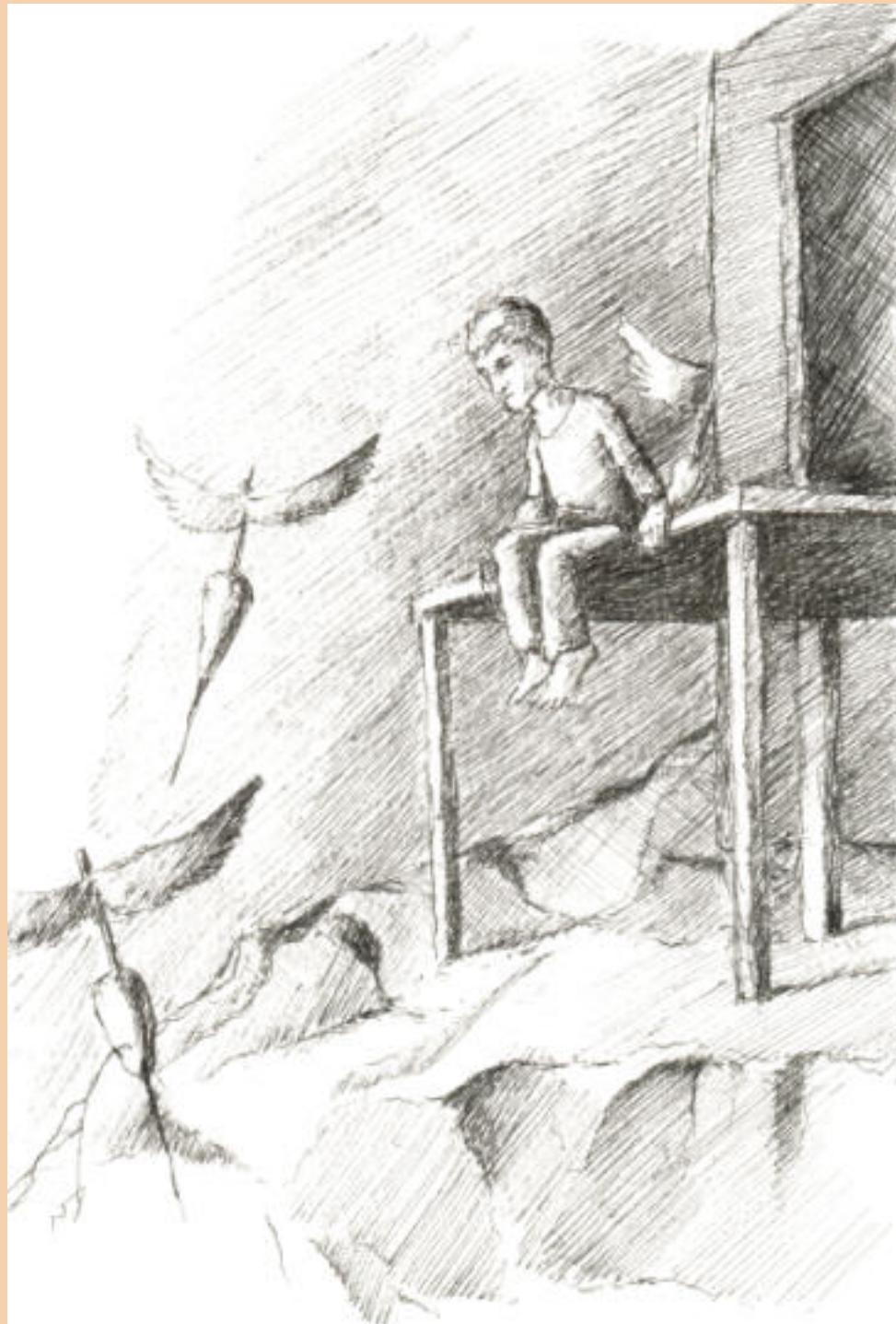


Tag 15



Tag 16





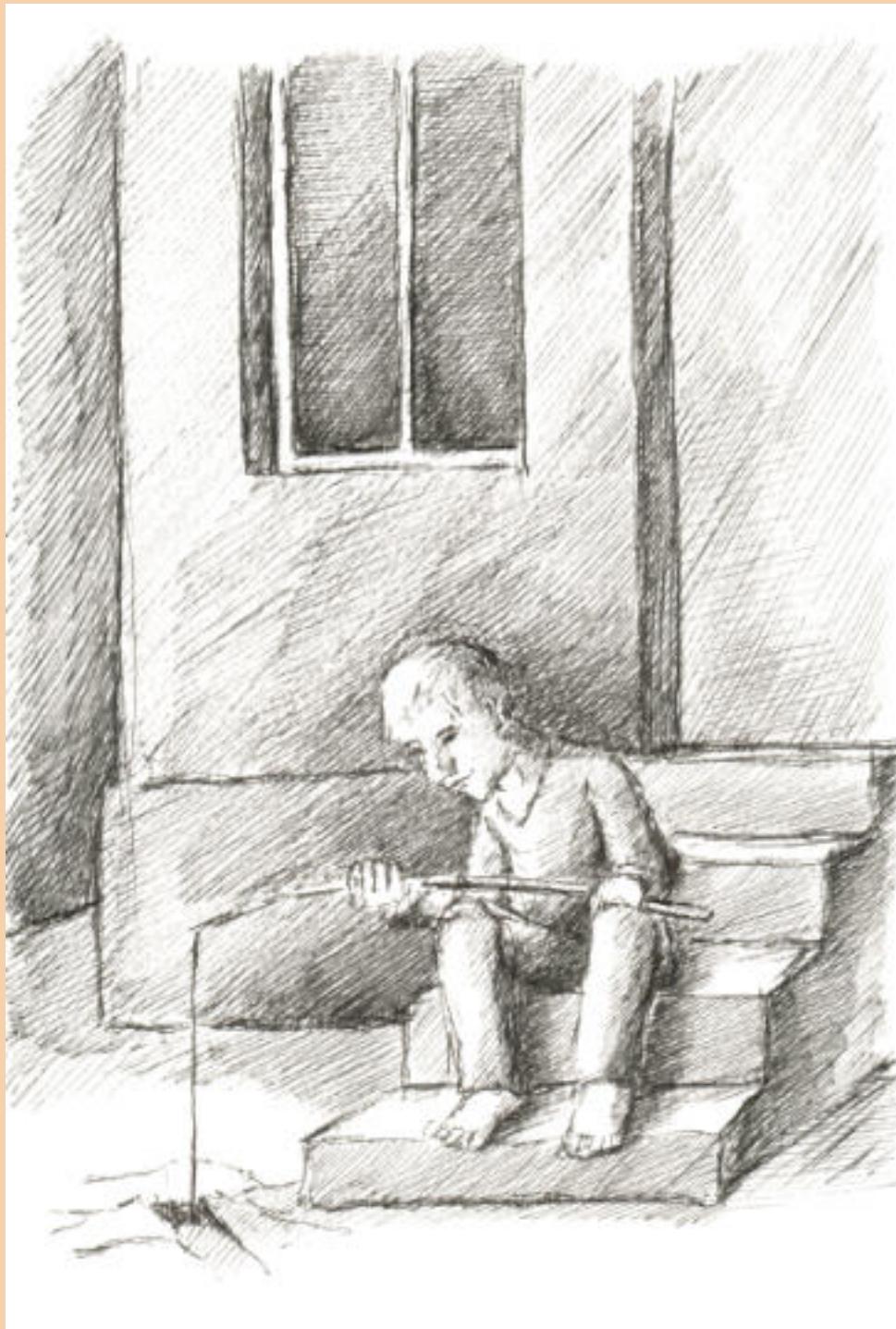
Tag 17



Tag 18



Tag 18



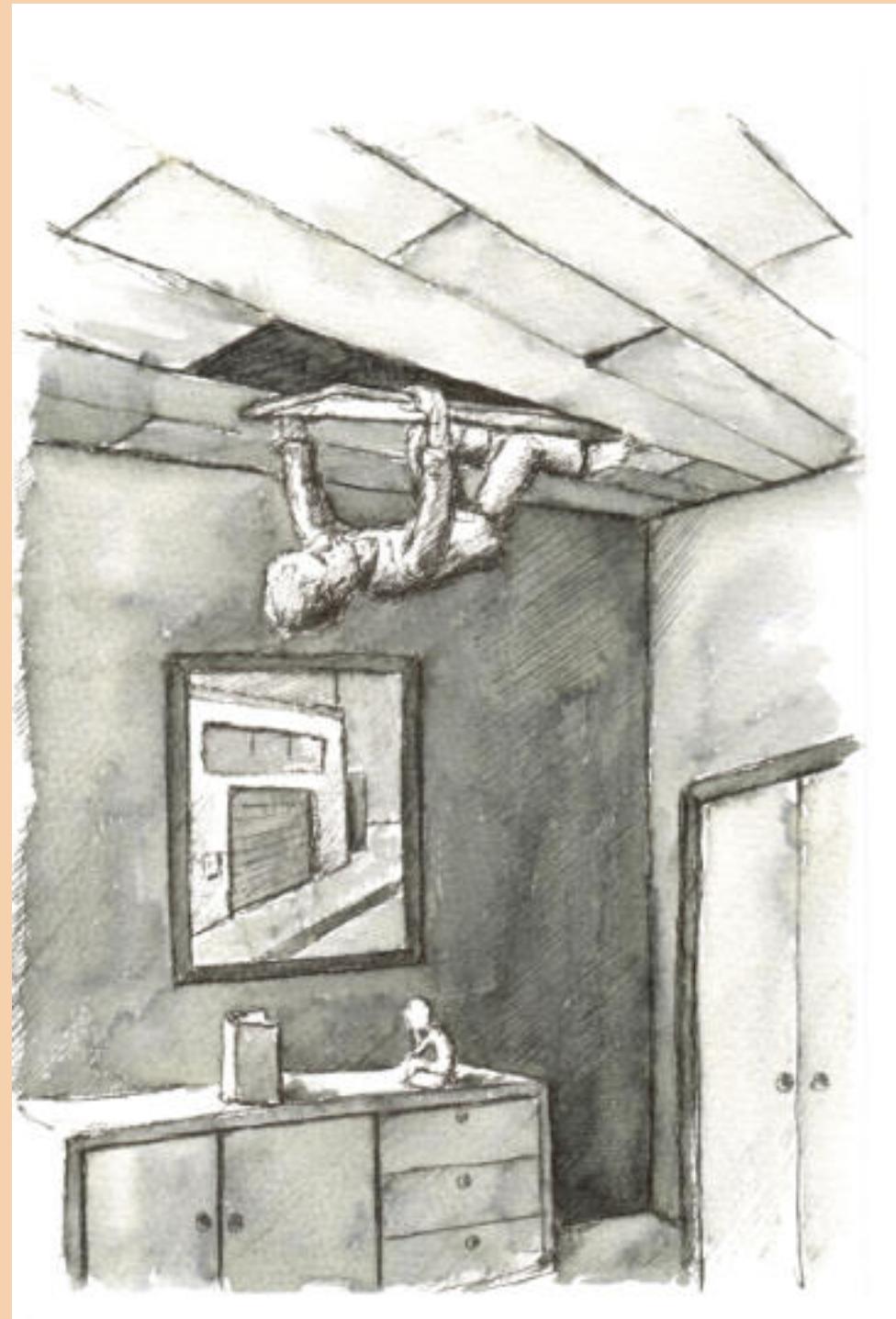
Tag 19



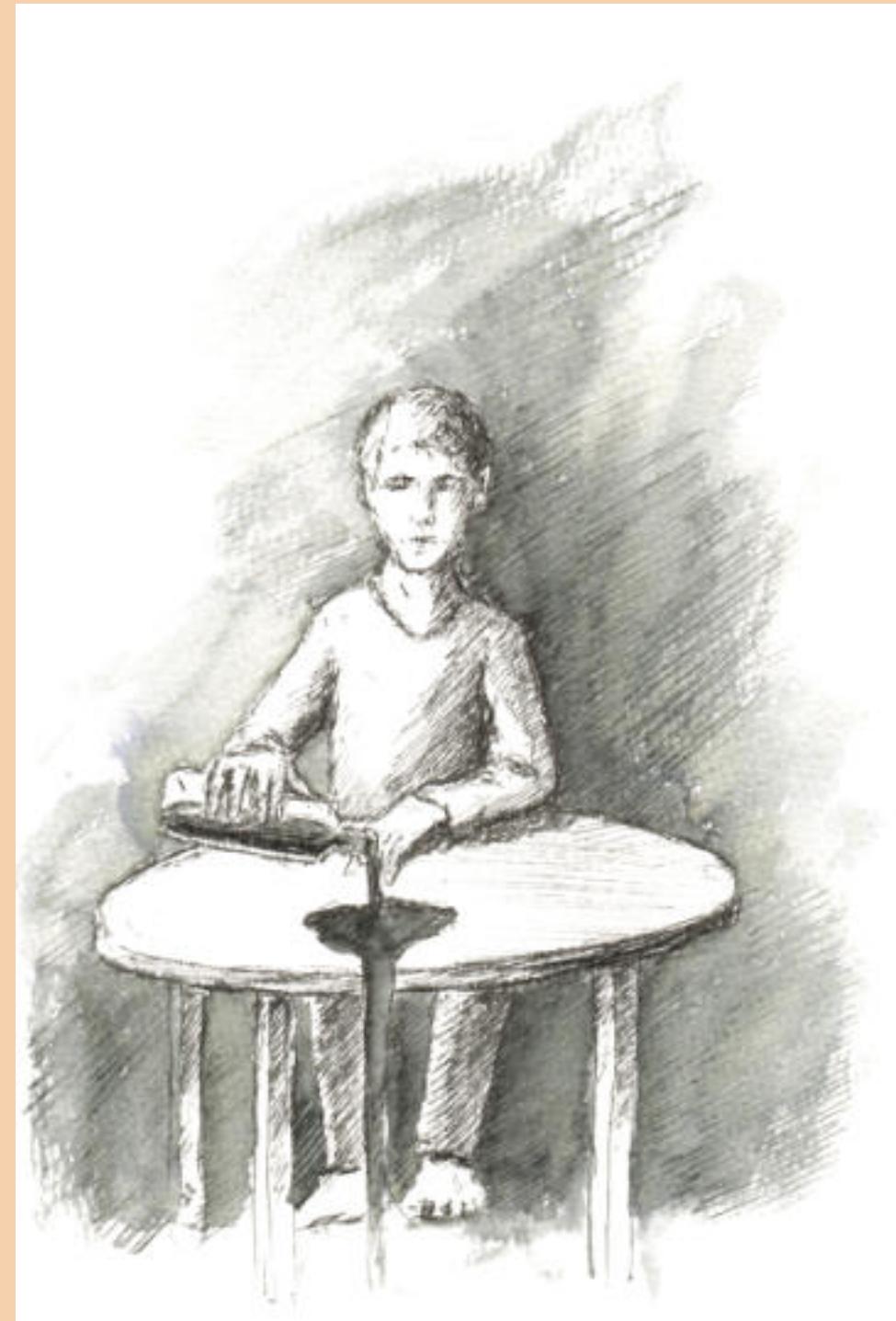
Tag 19



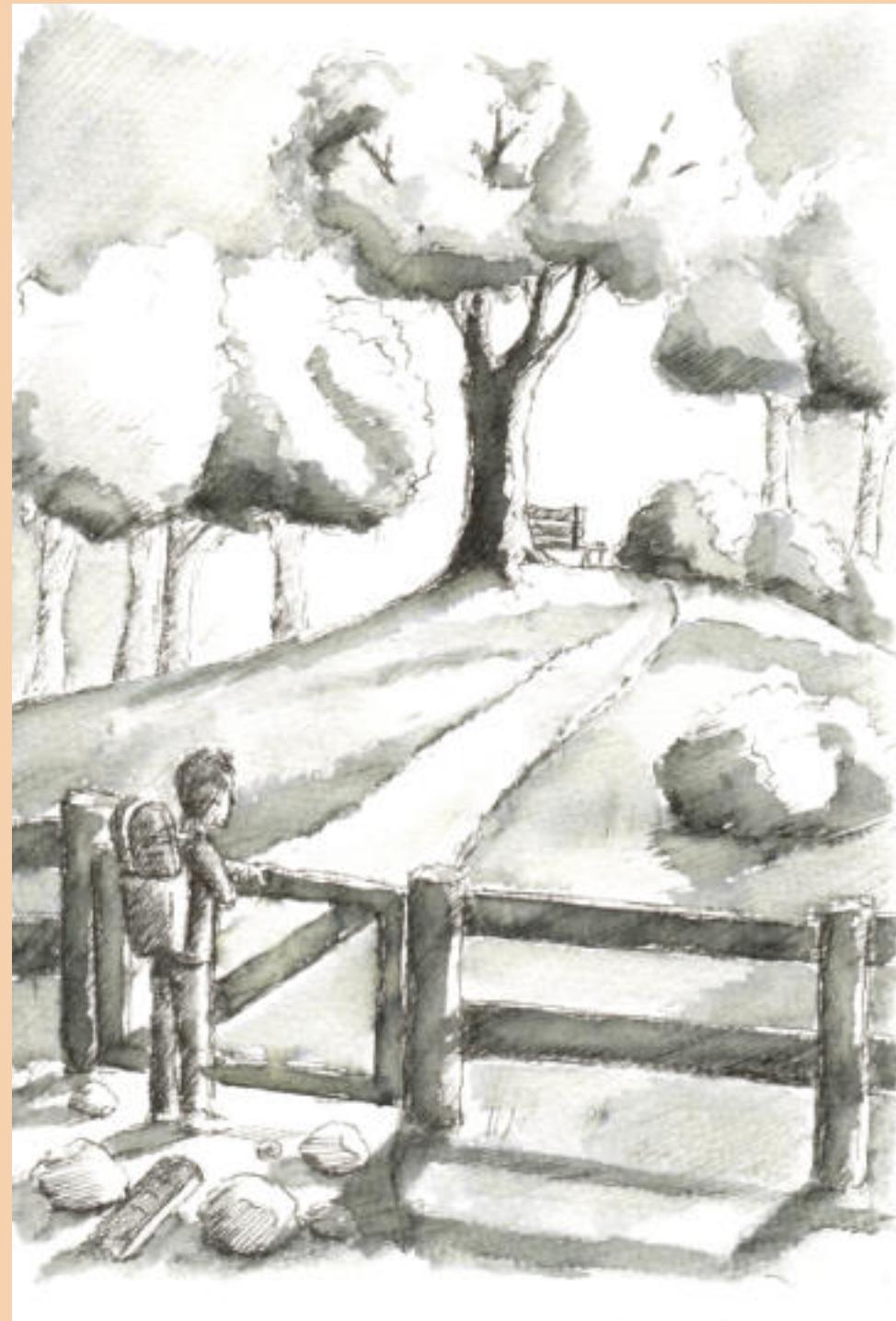
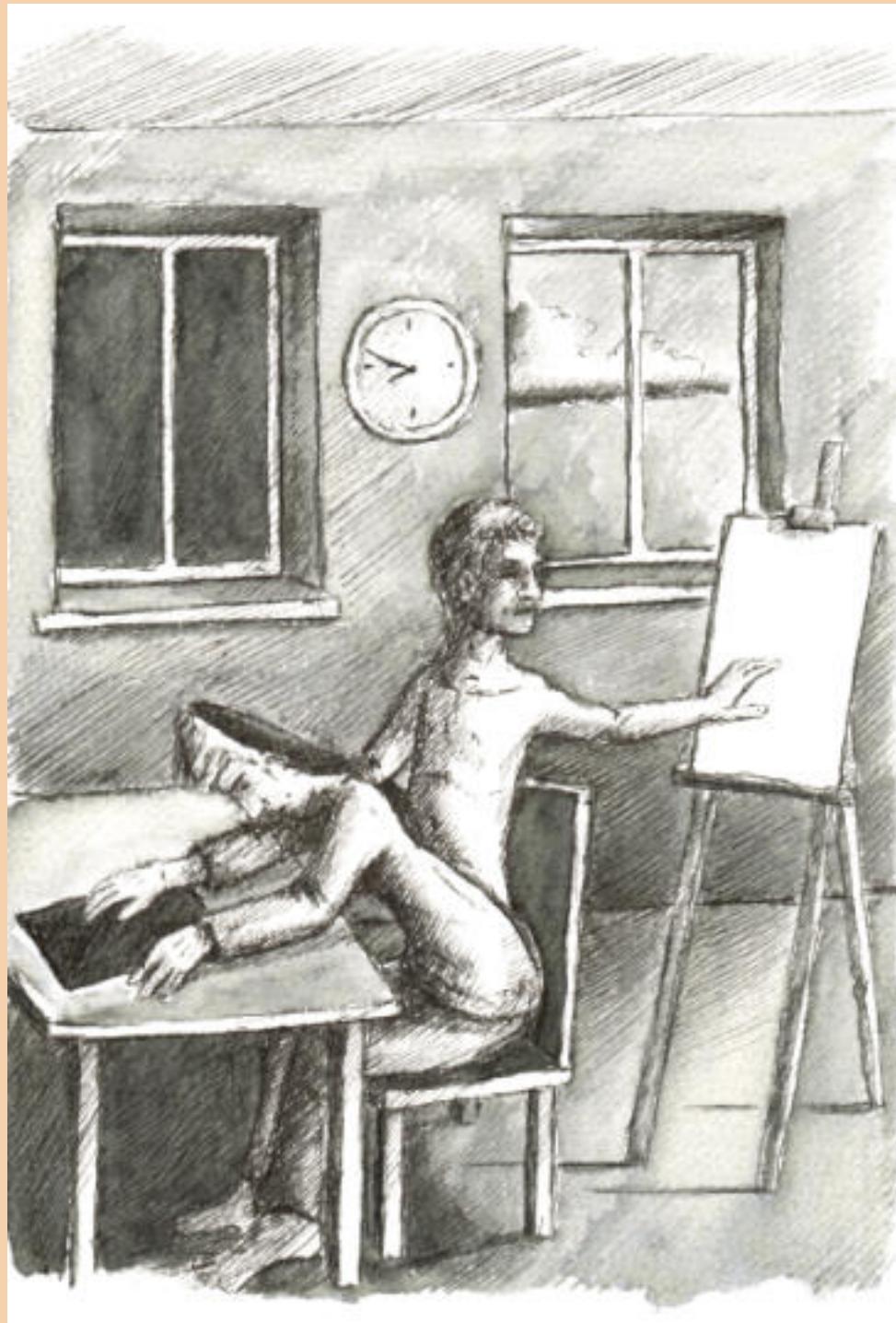
Tag 20



Tag 21



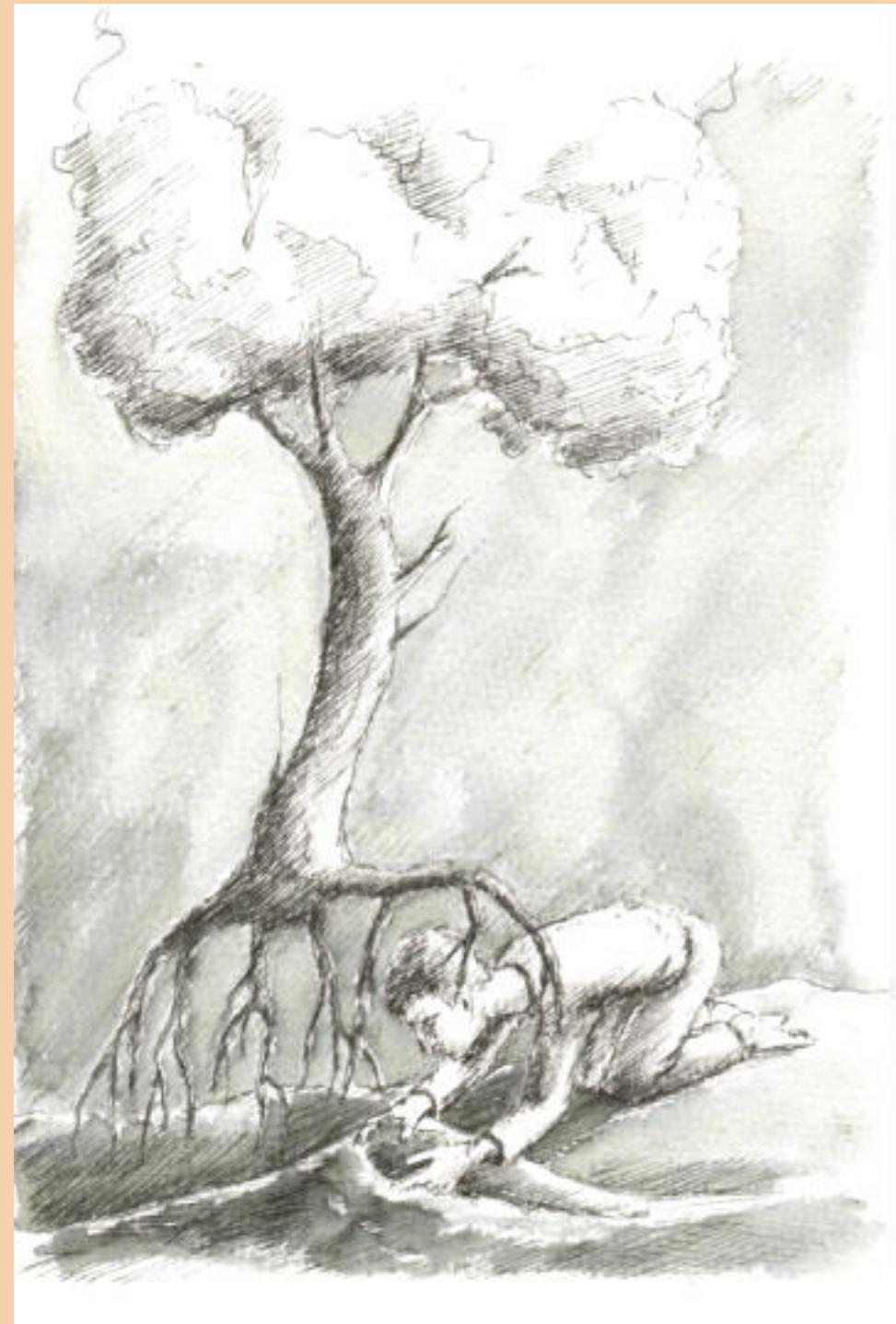
Tag 21



Tag 22



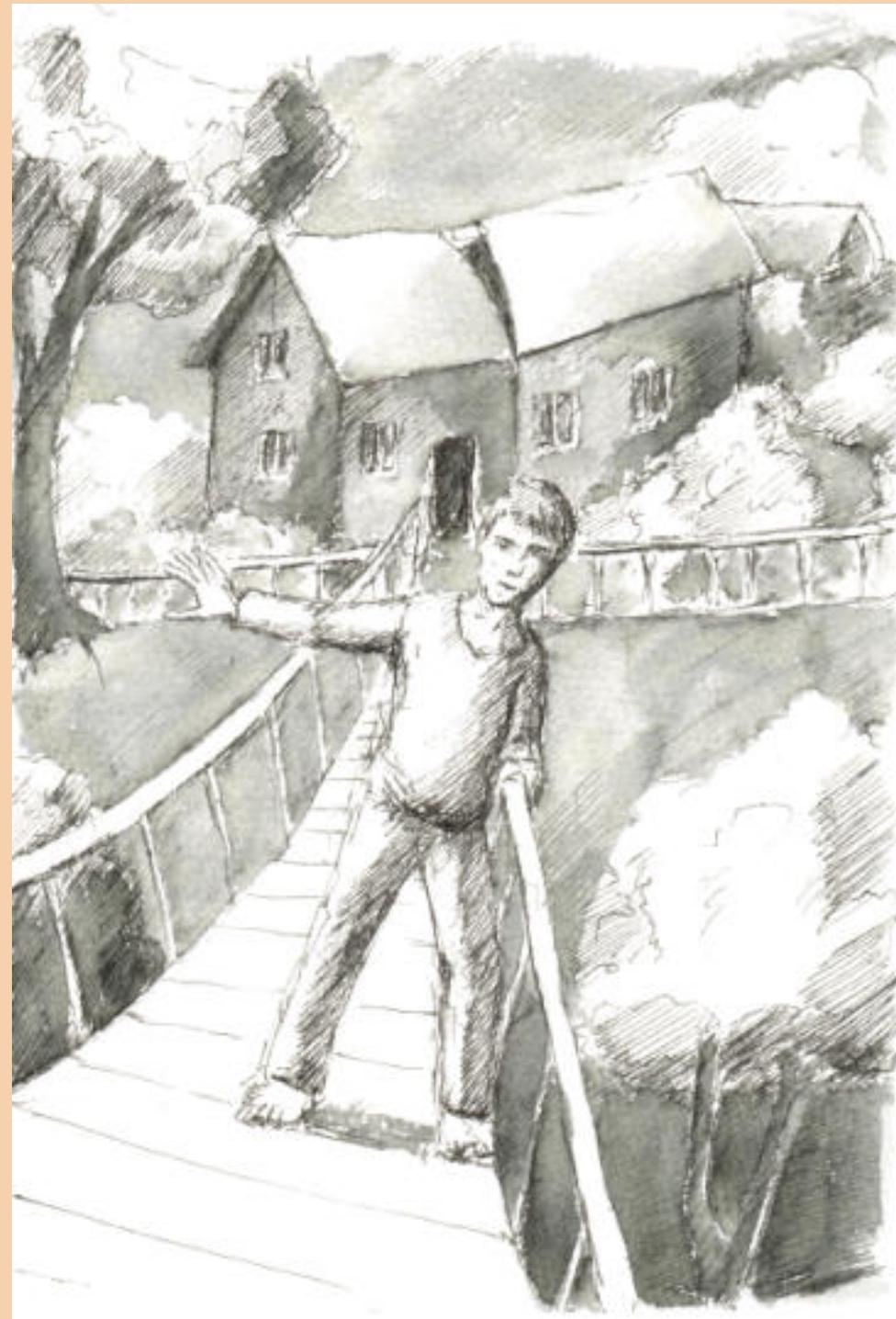
Tag 22

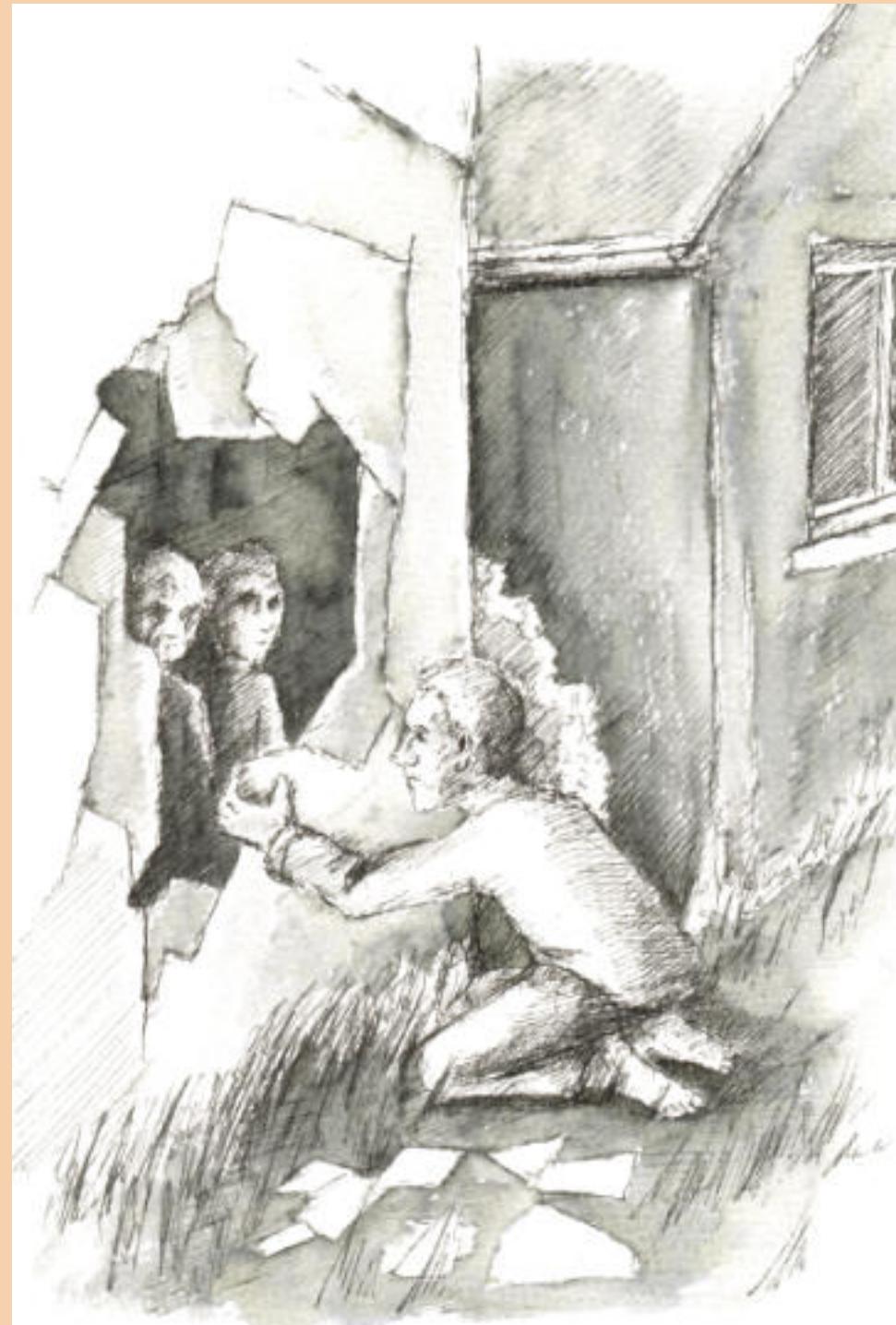


Tag 22

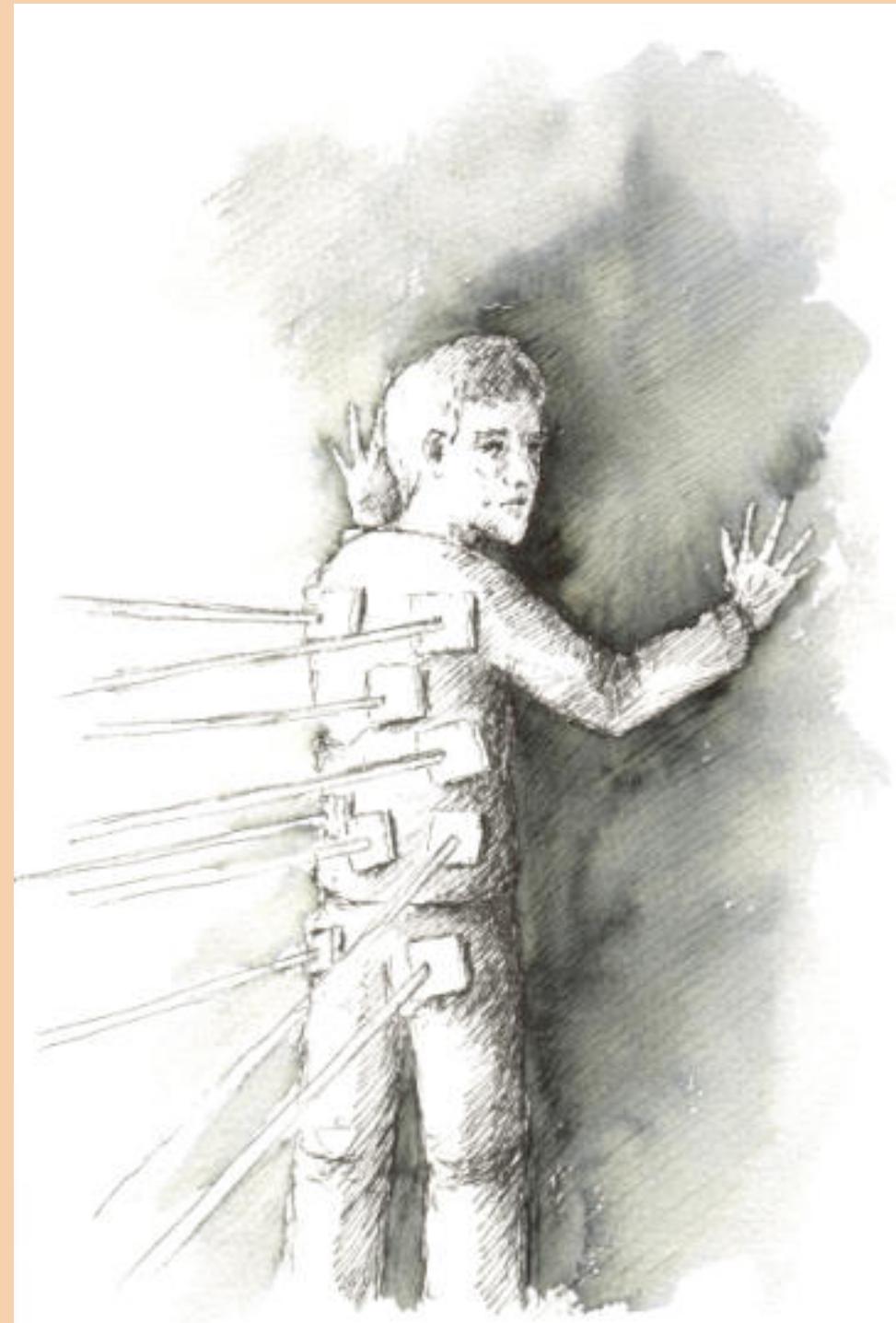


Tag 23

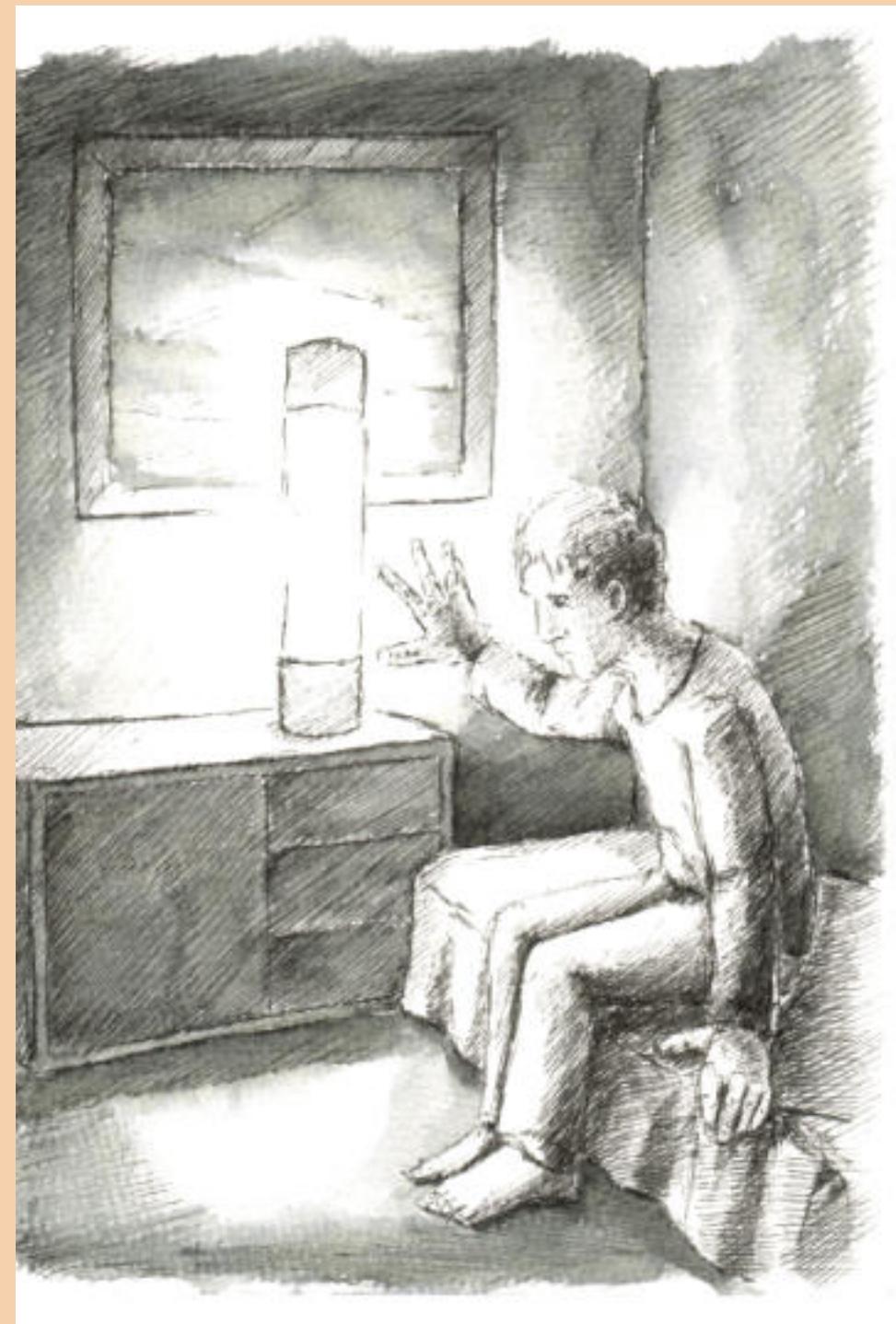




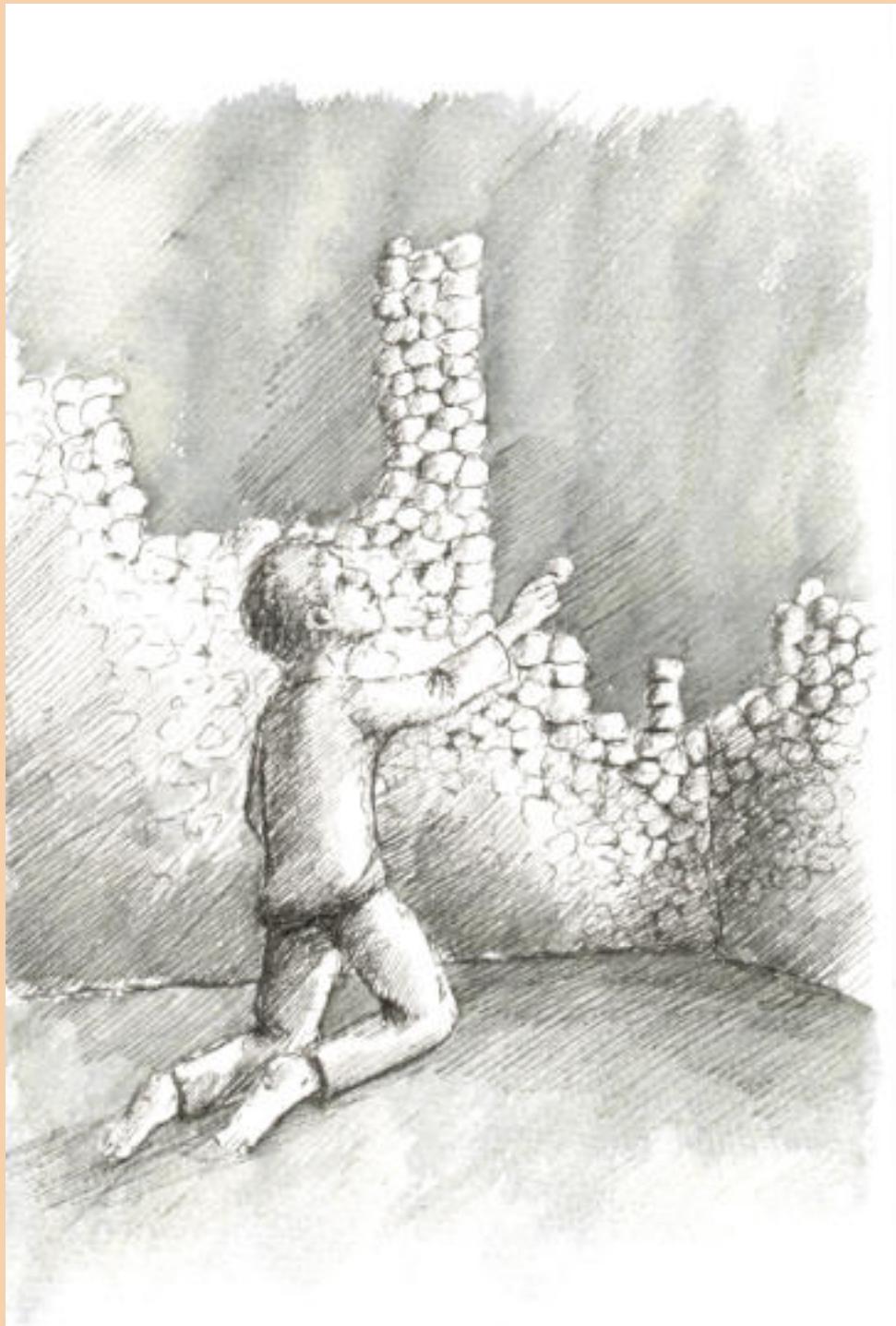
Tag 24



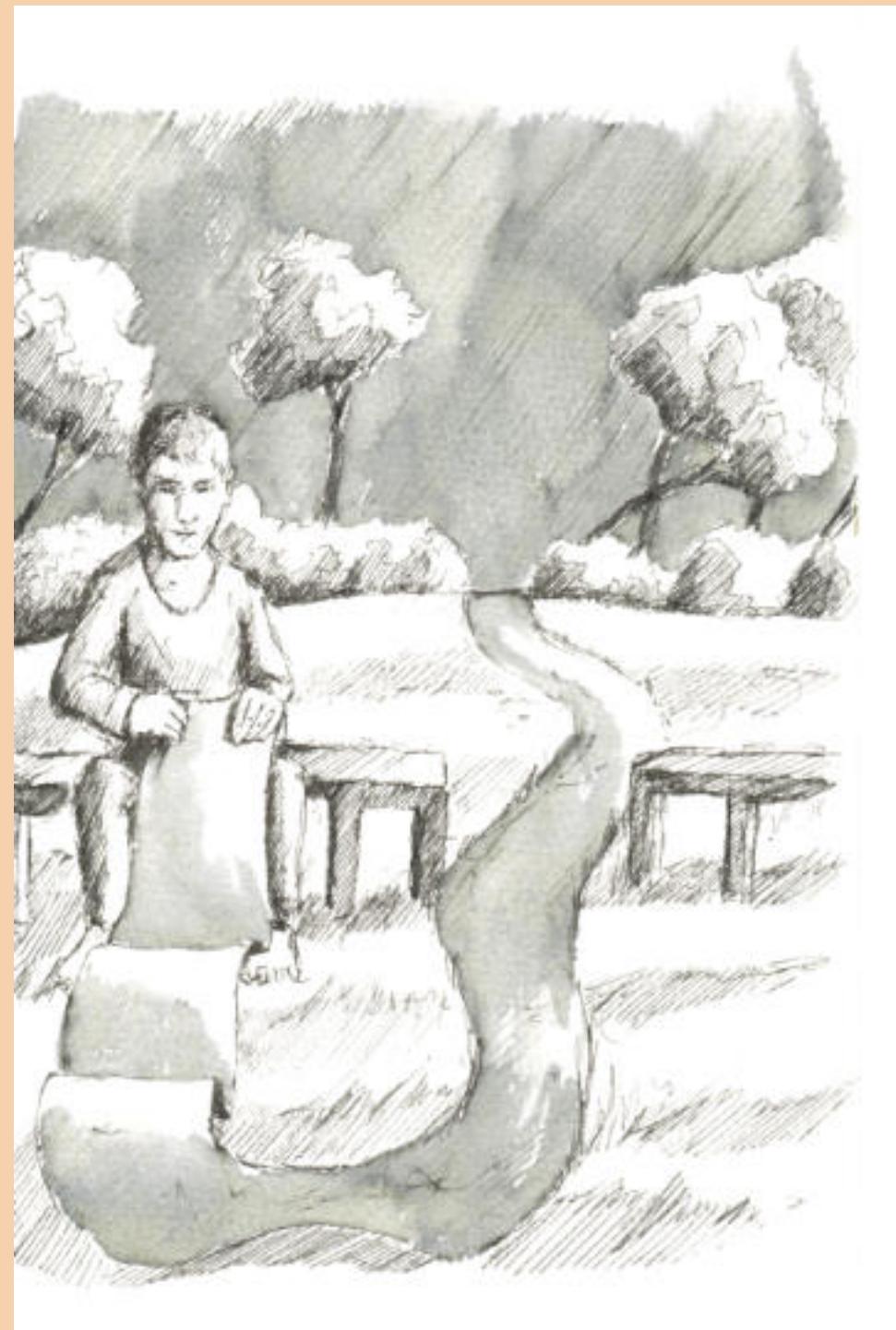
Tag 25



Tag 25



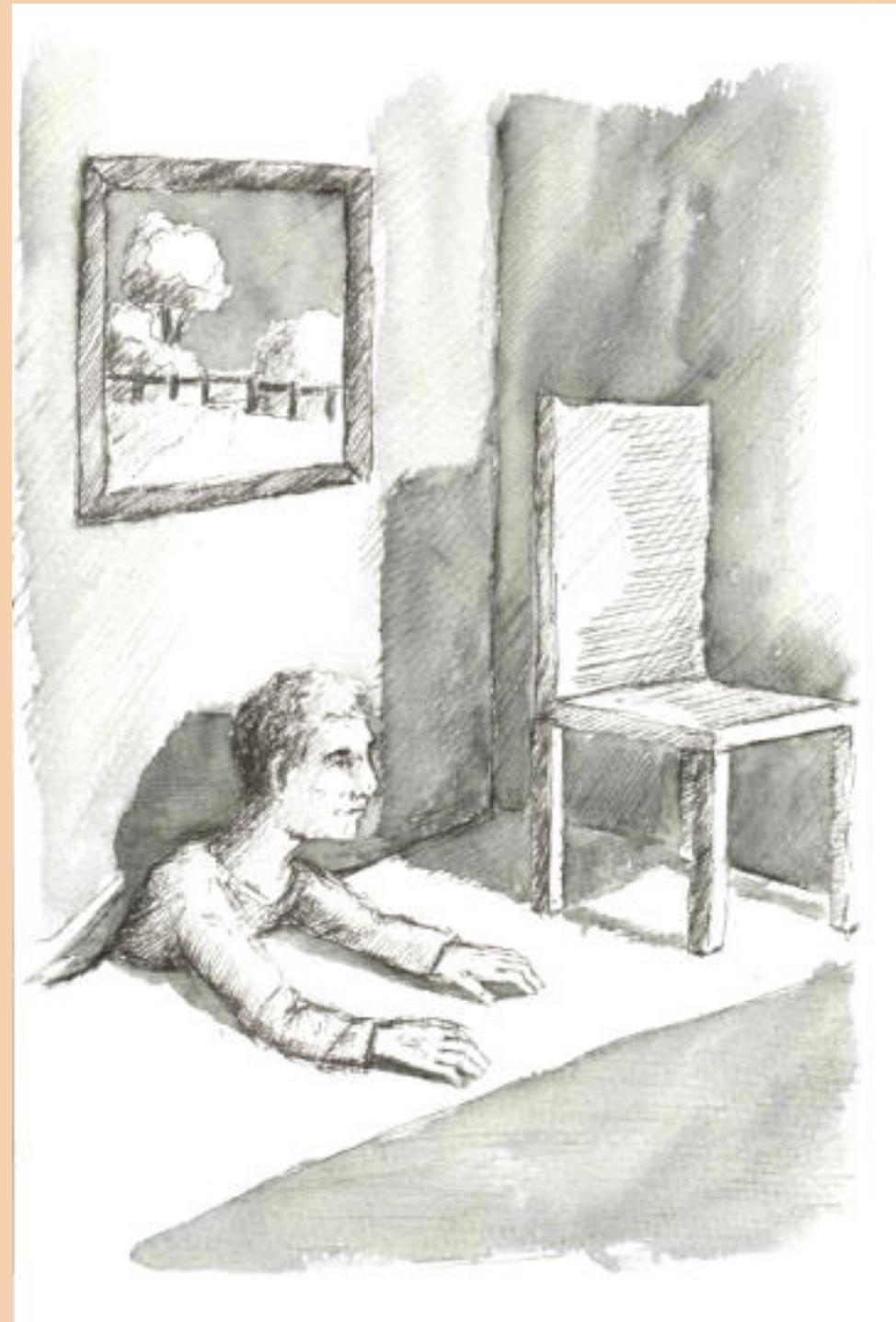
Tag 26



Tag 27



Tag 27



Tag 28



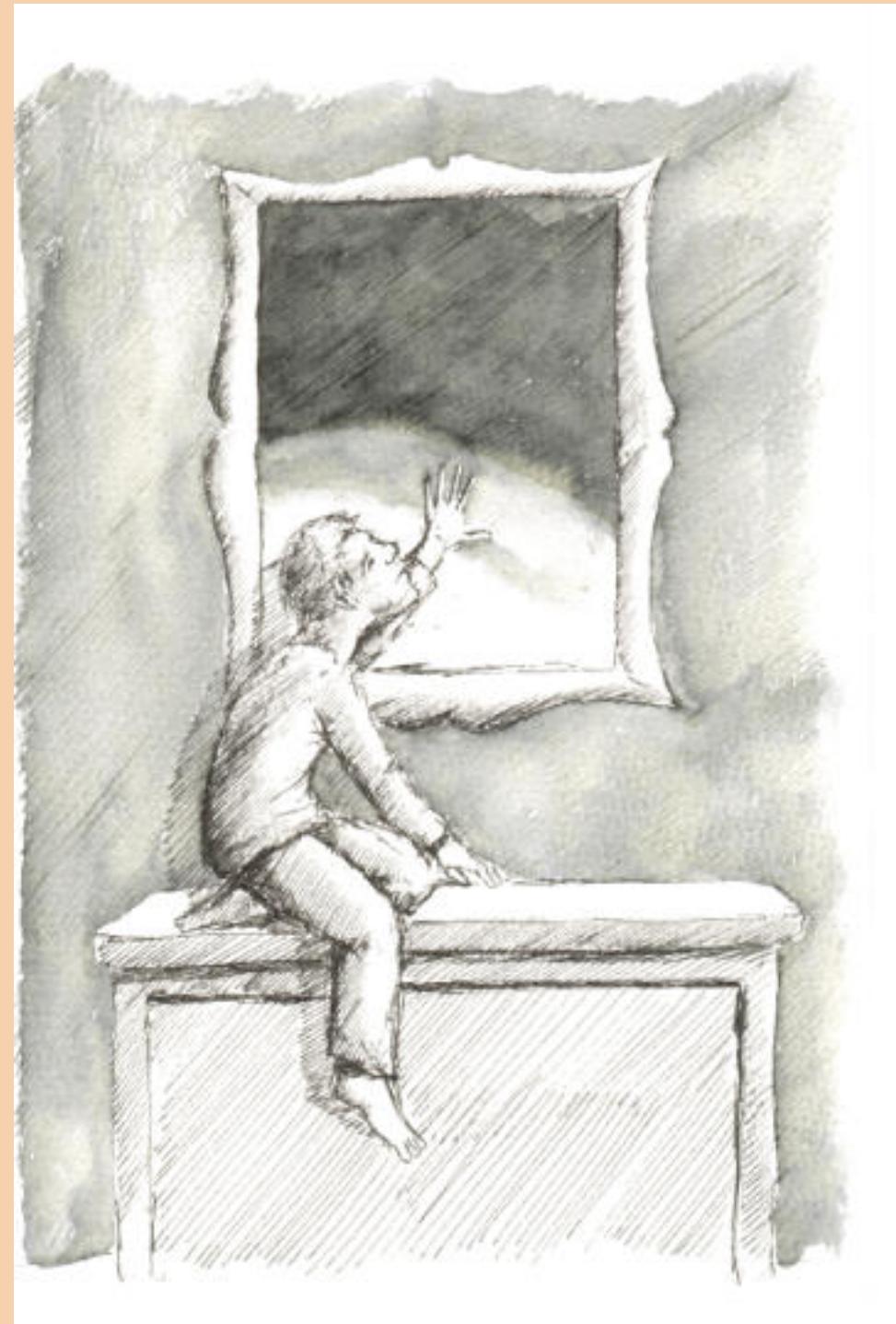
Tag 28



Tag 29



Tag 30



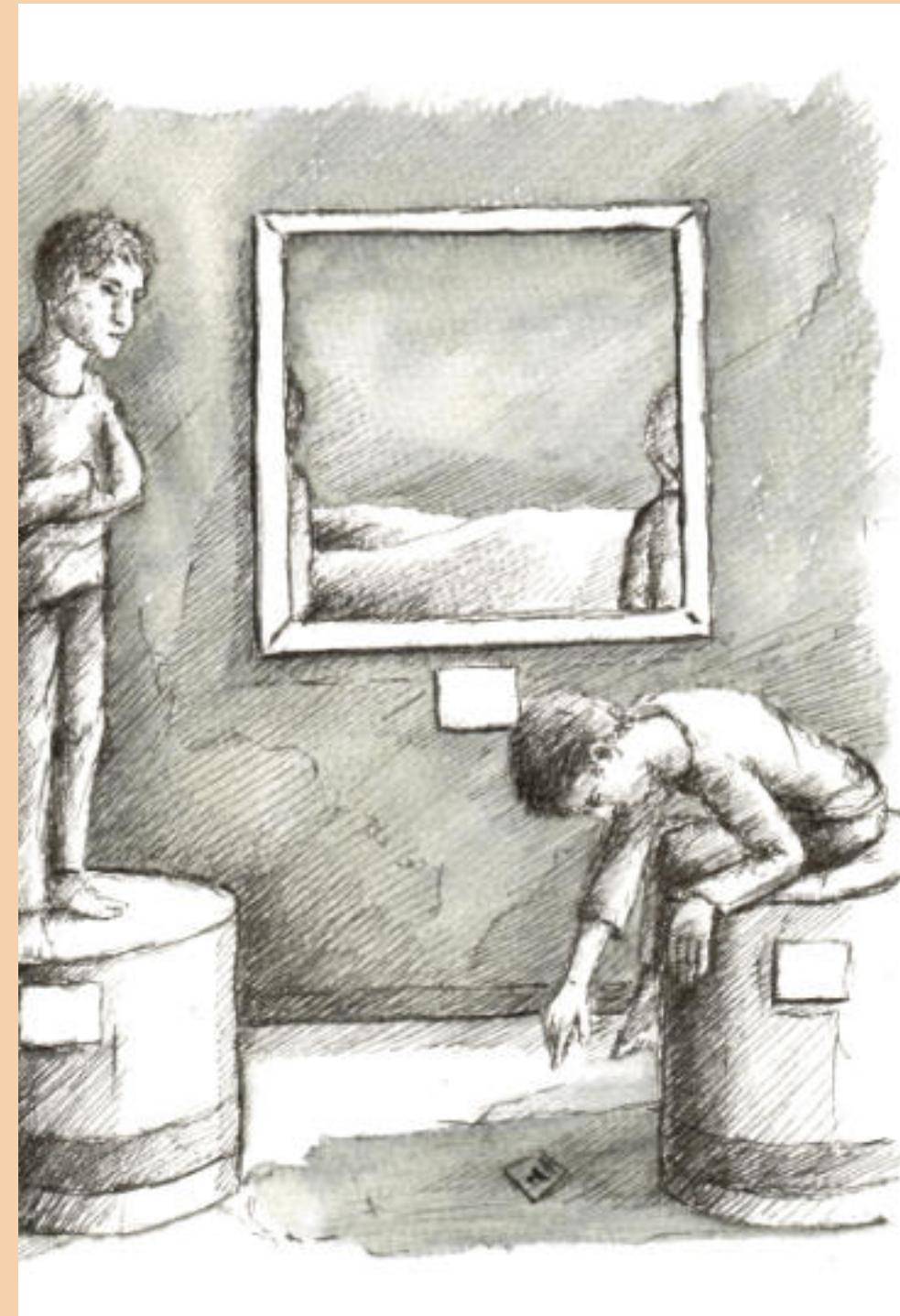
Tag 30



Tag 31



Tag 31



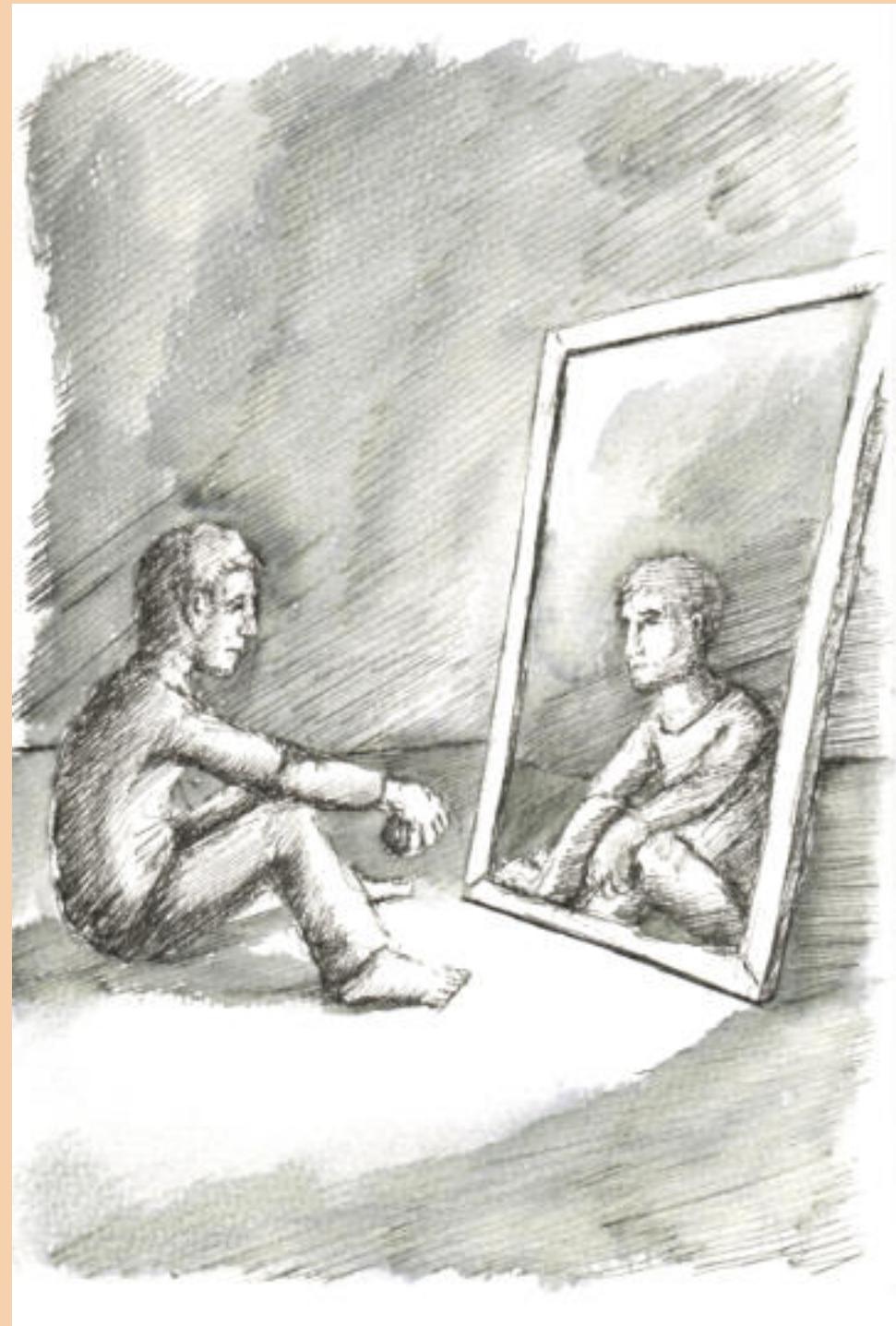
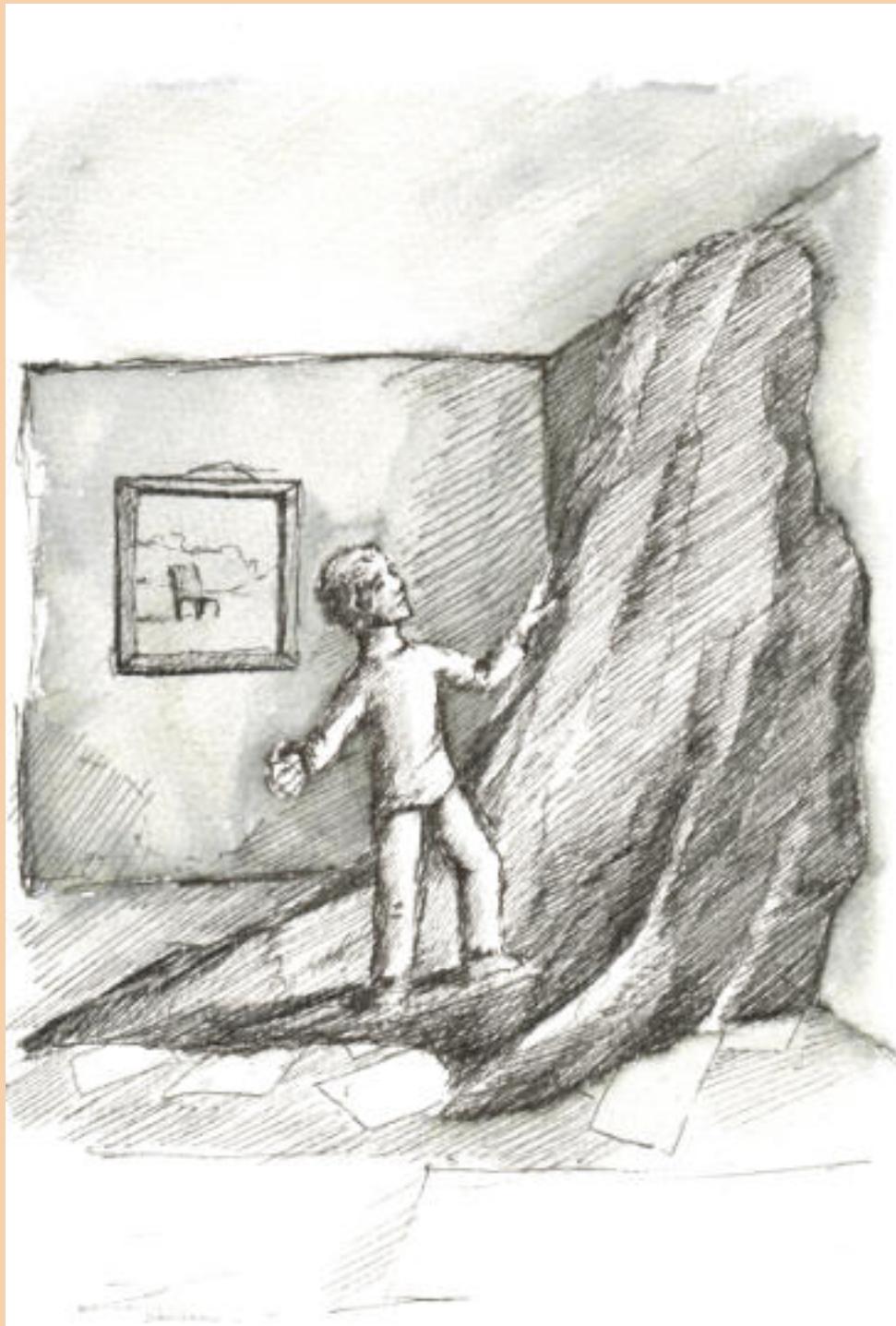
Tag 31



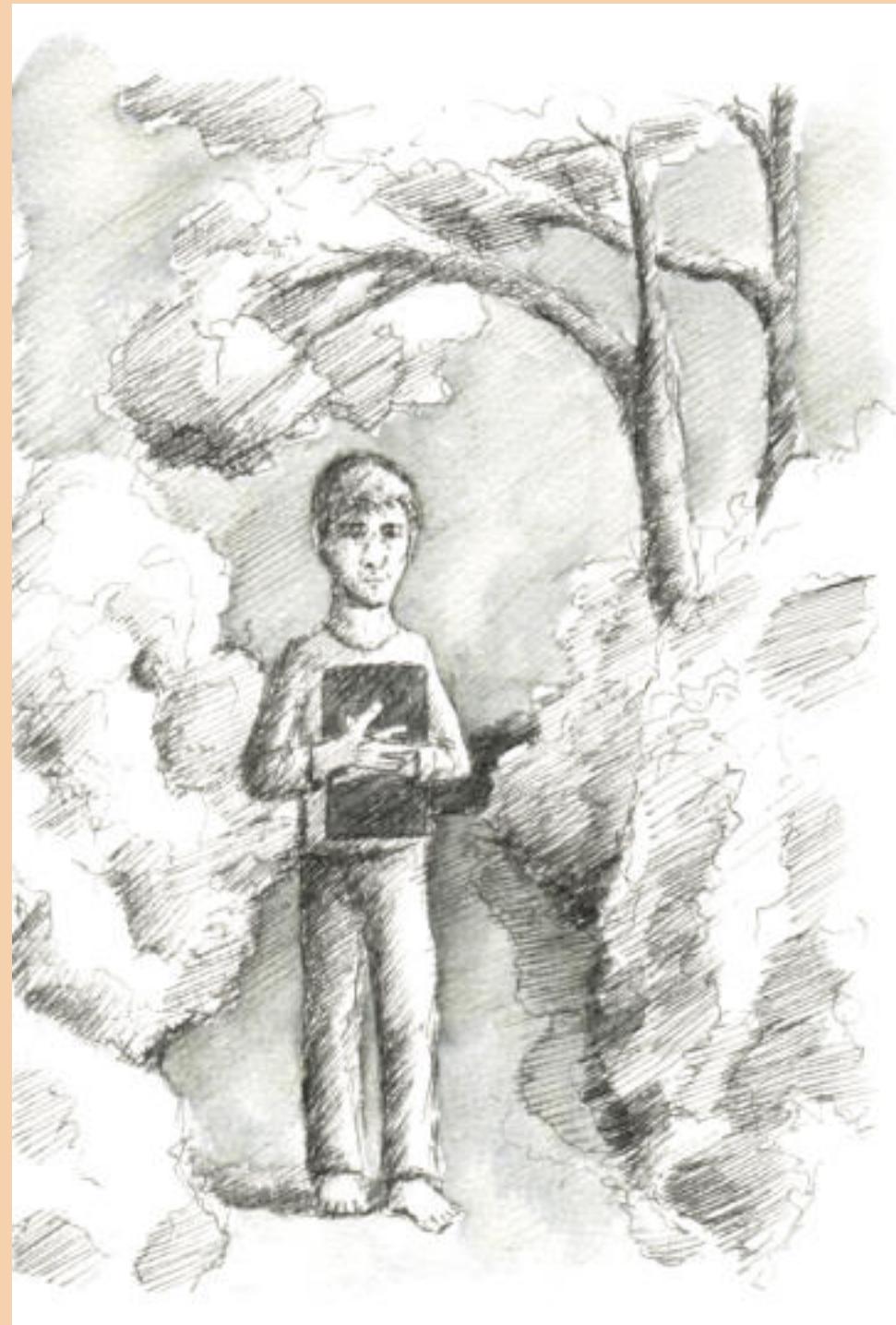
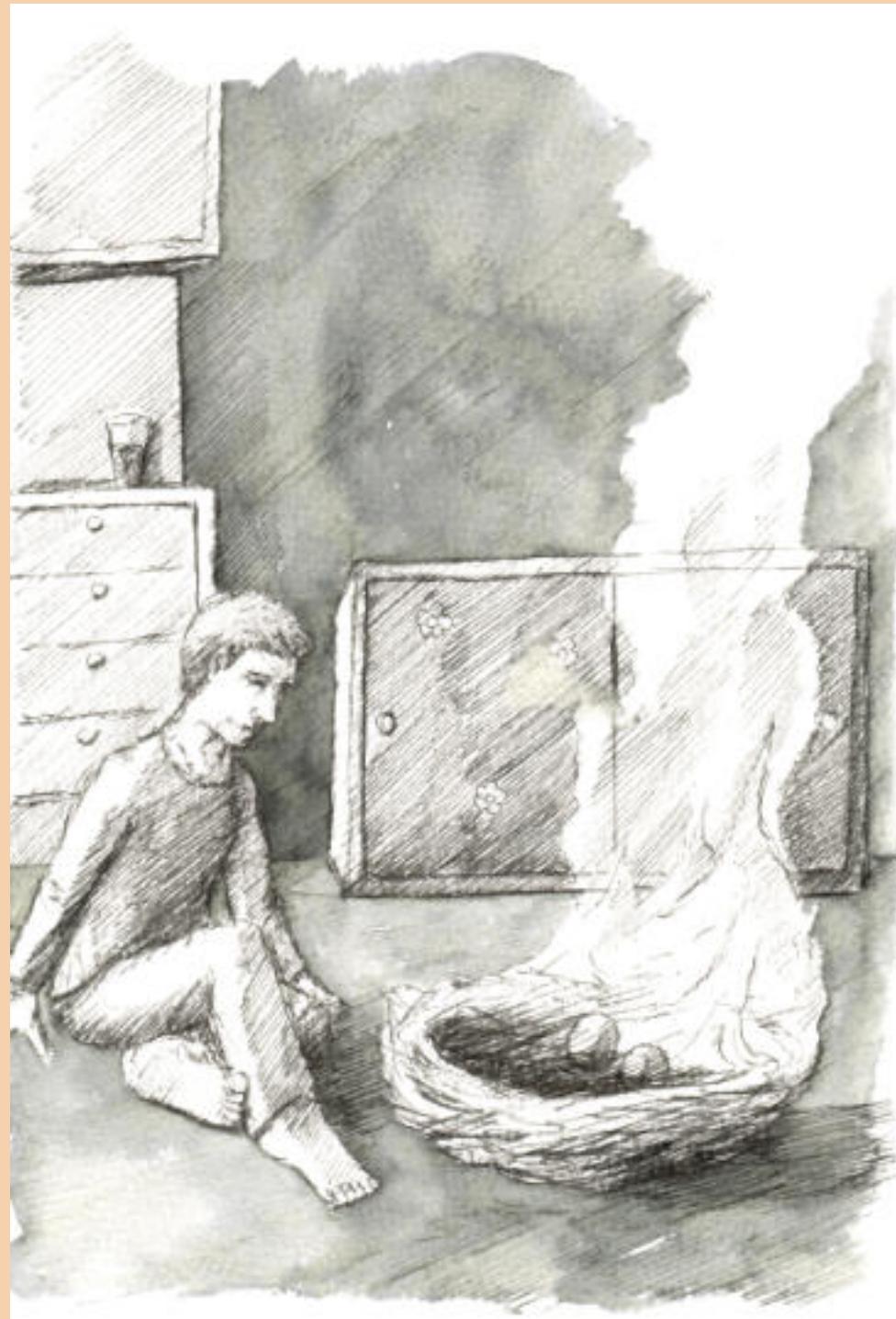
Tag 32



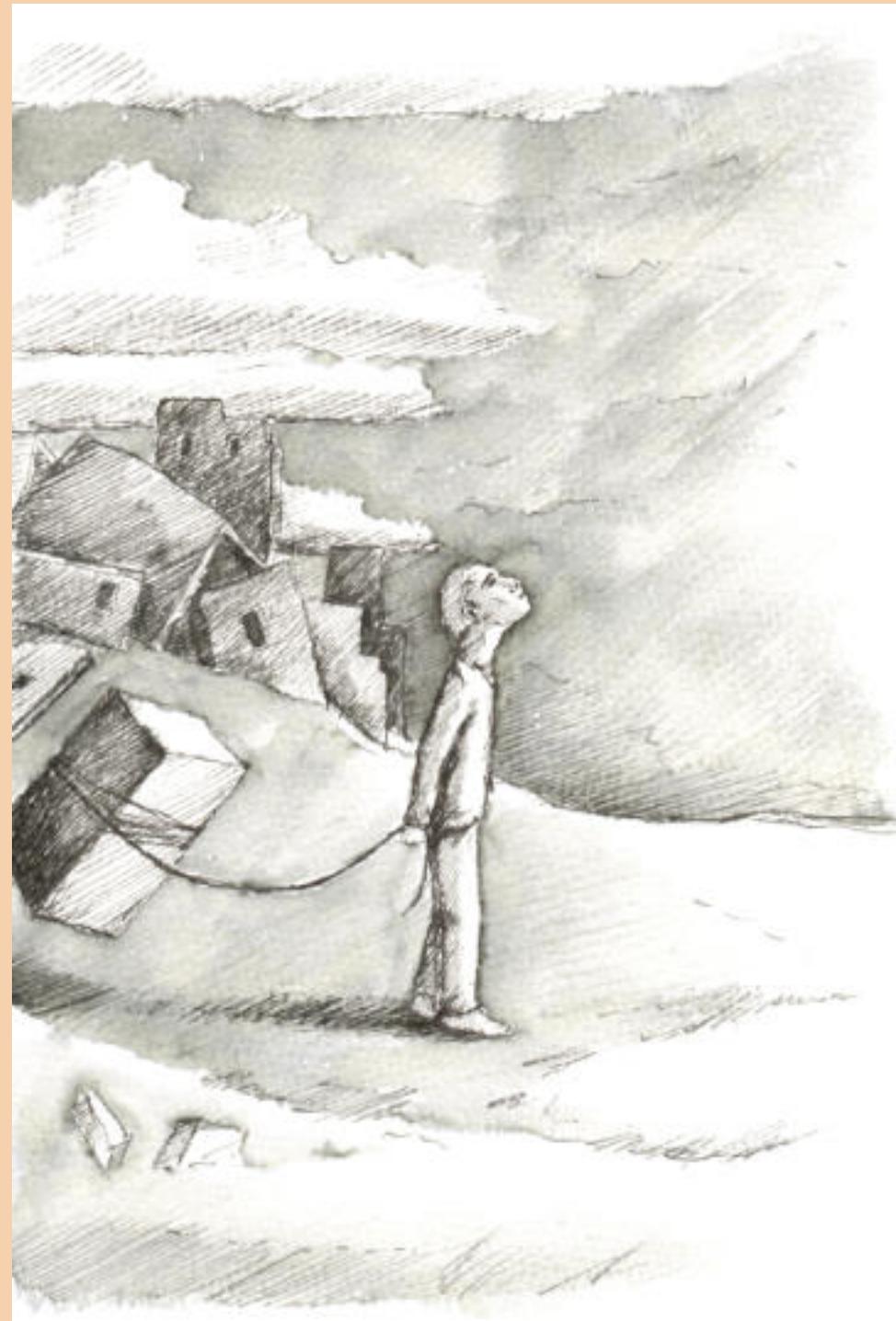
Tag 33



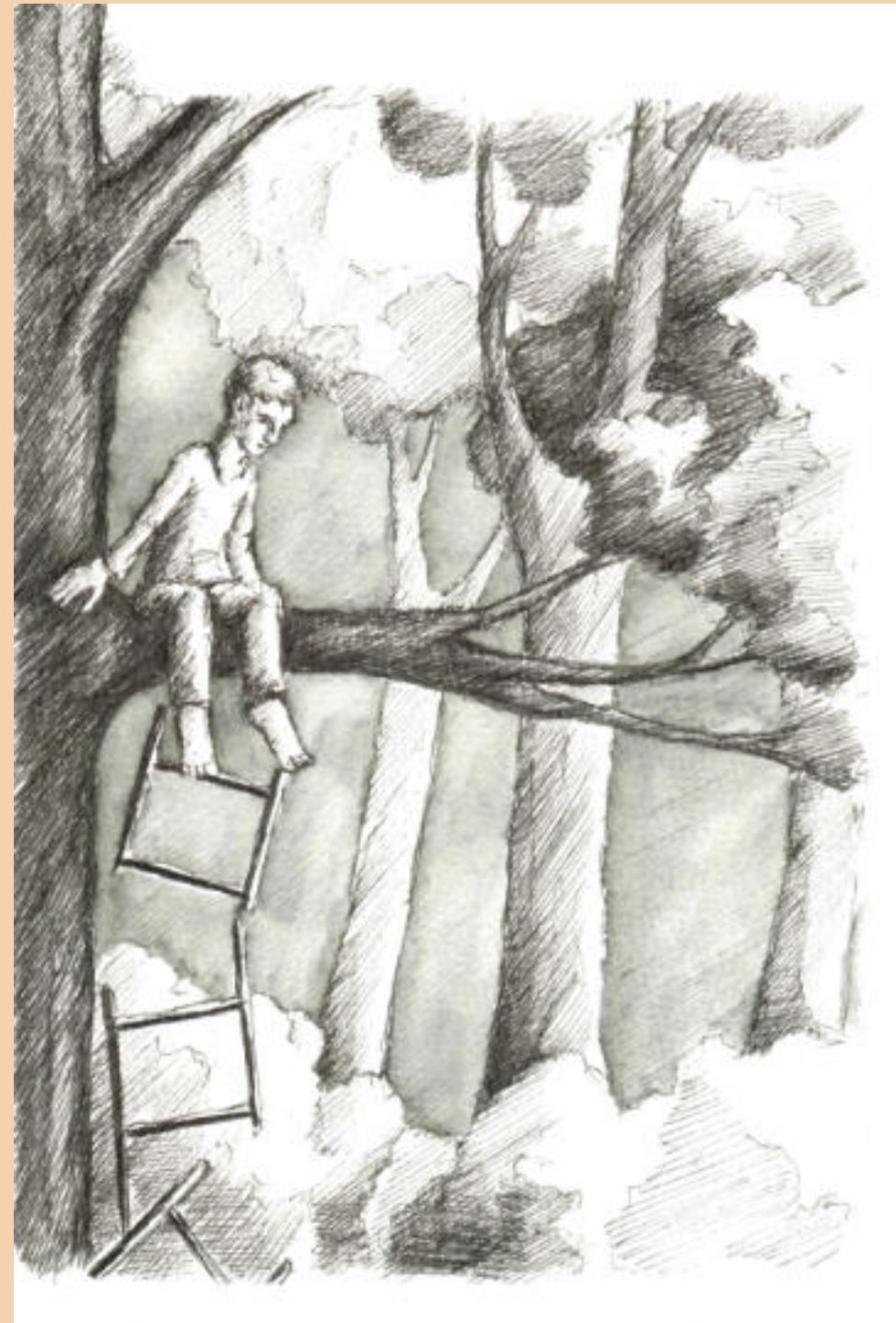
Tag 33



Tag 34



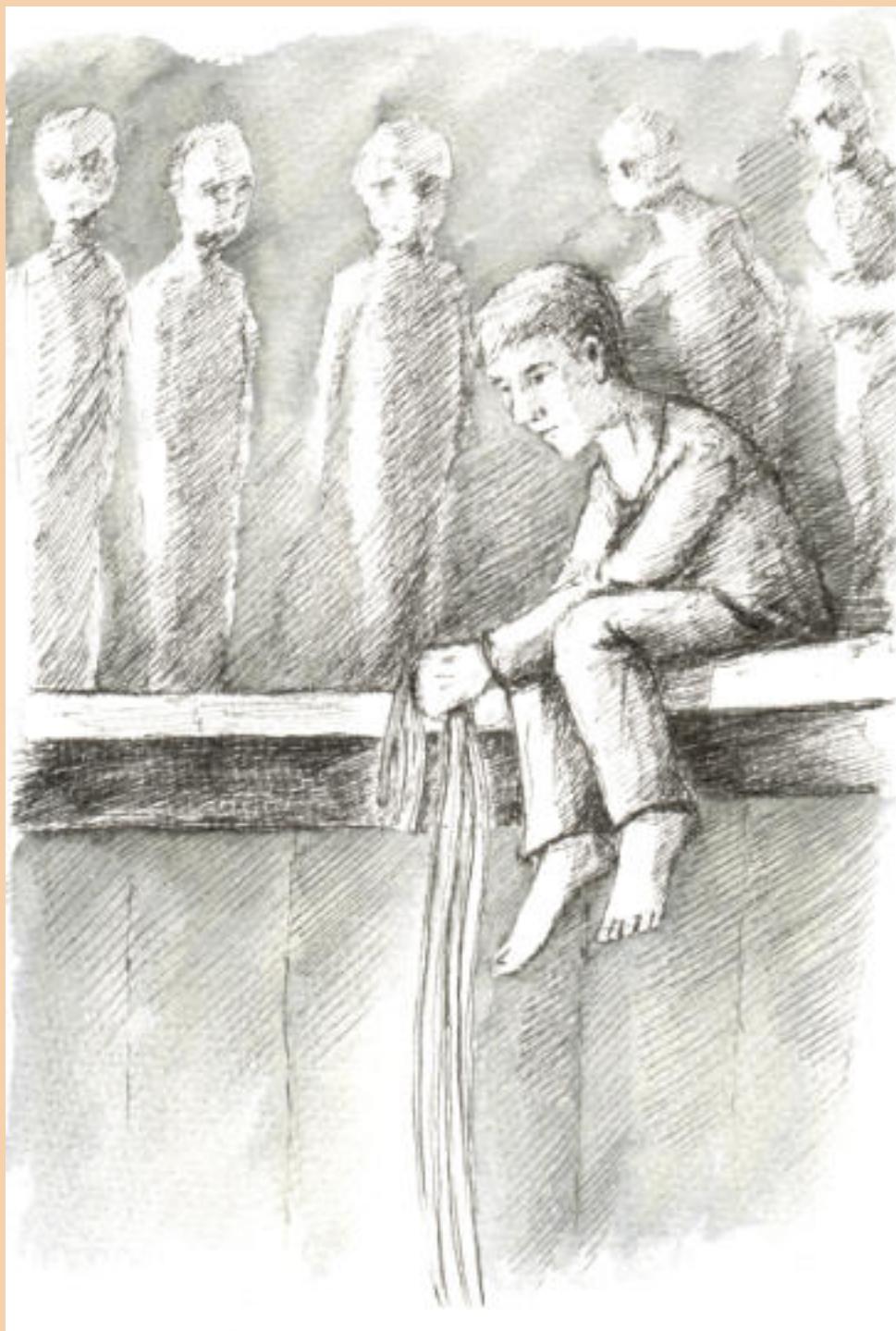
Tag 35



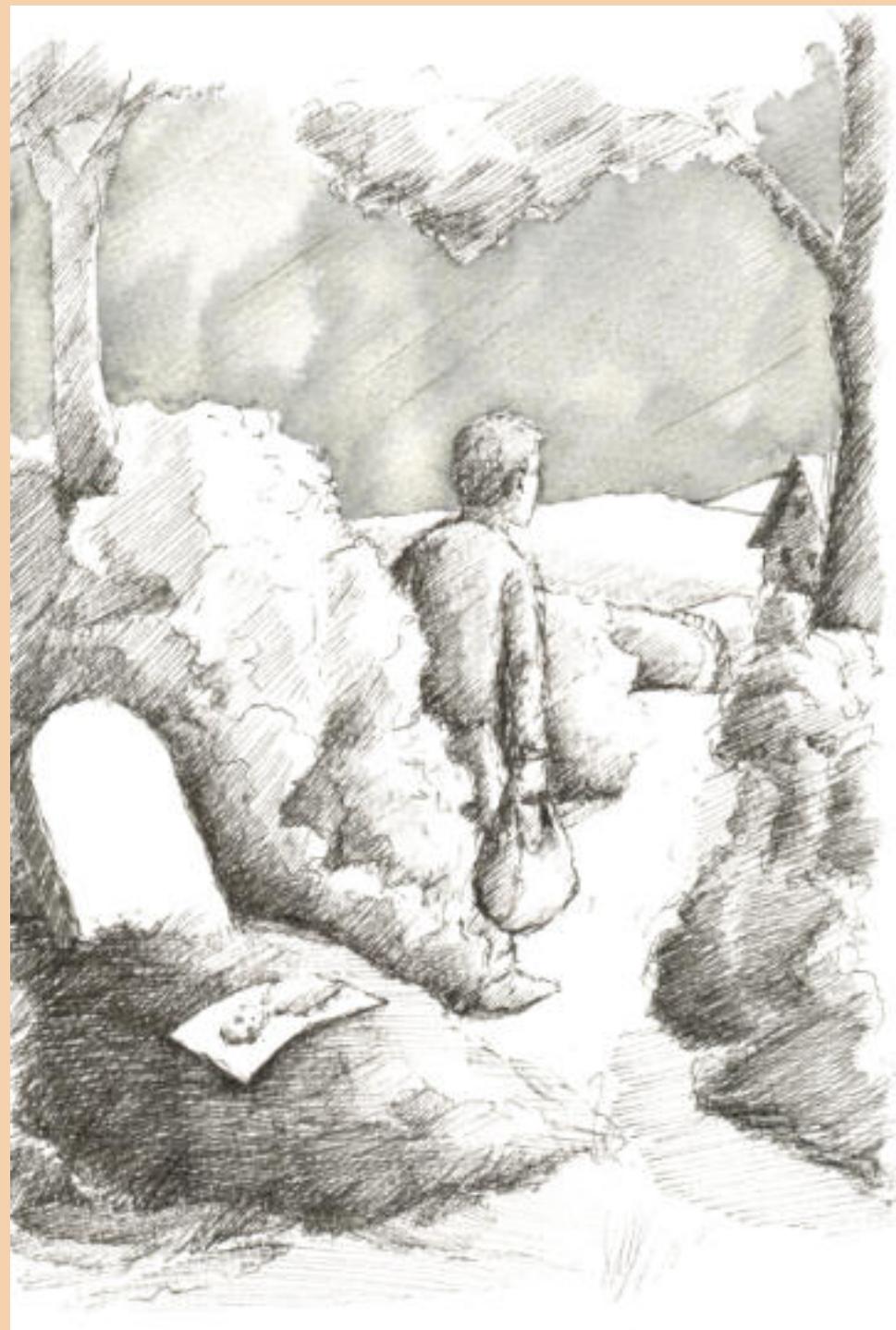
Tag 35



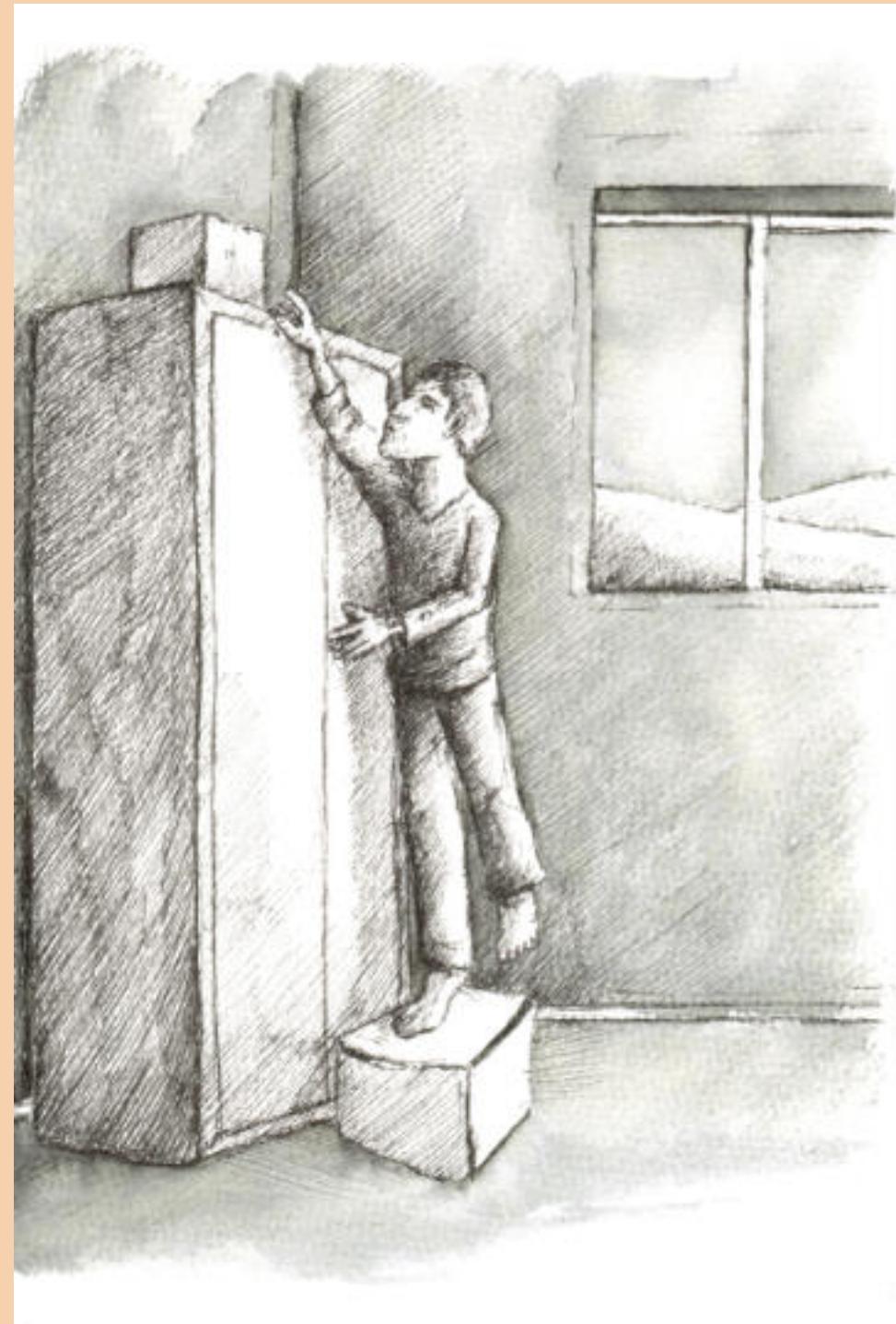
Tag 35

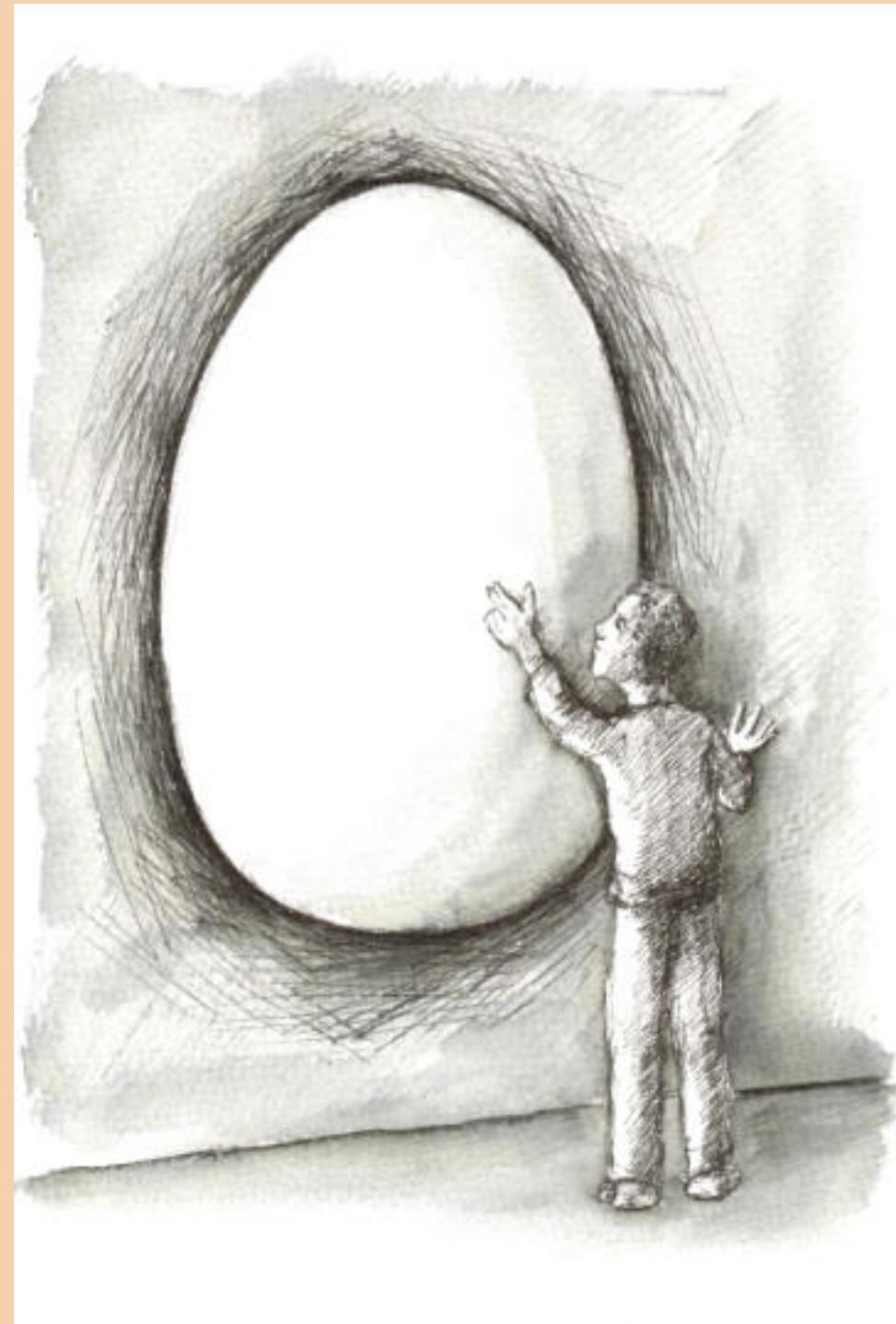


Tag 36



Tag 37

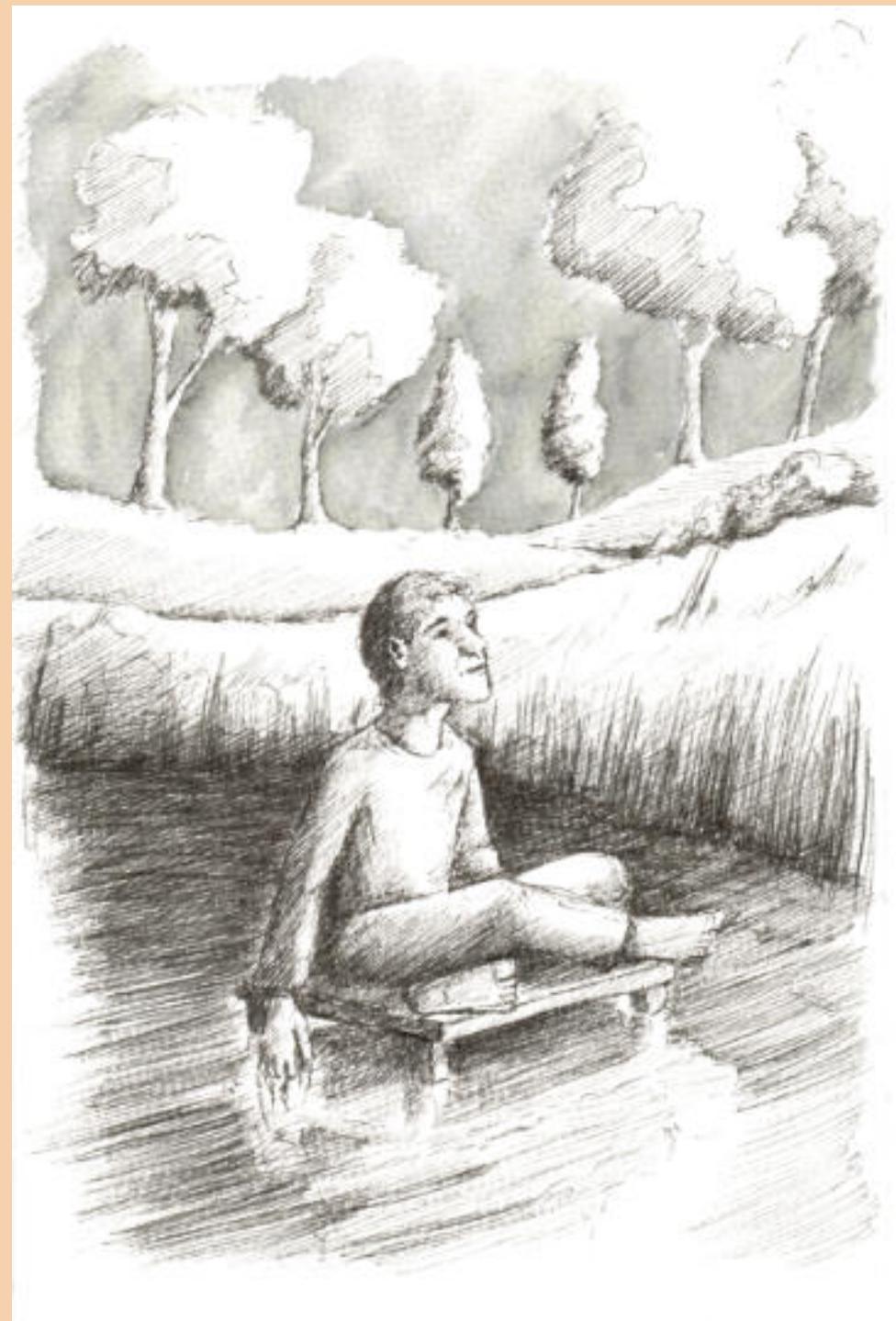




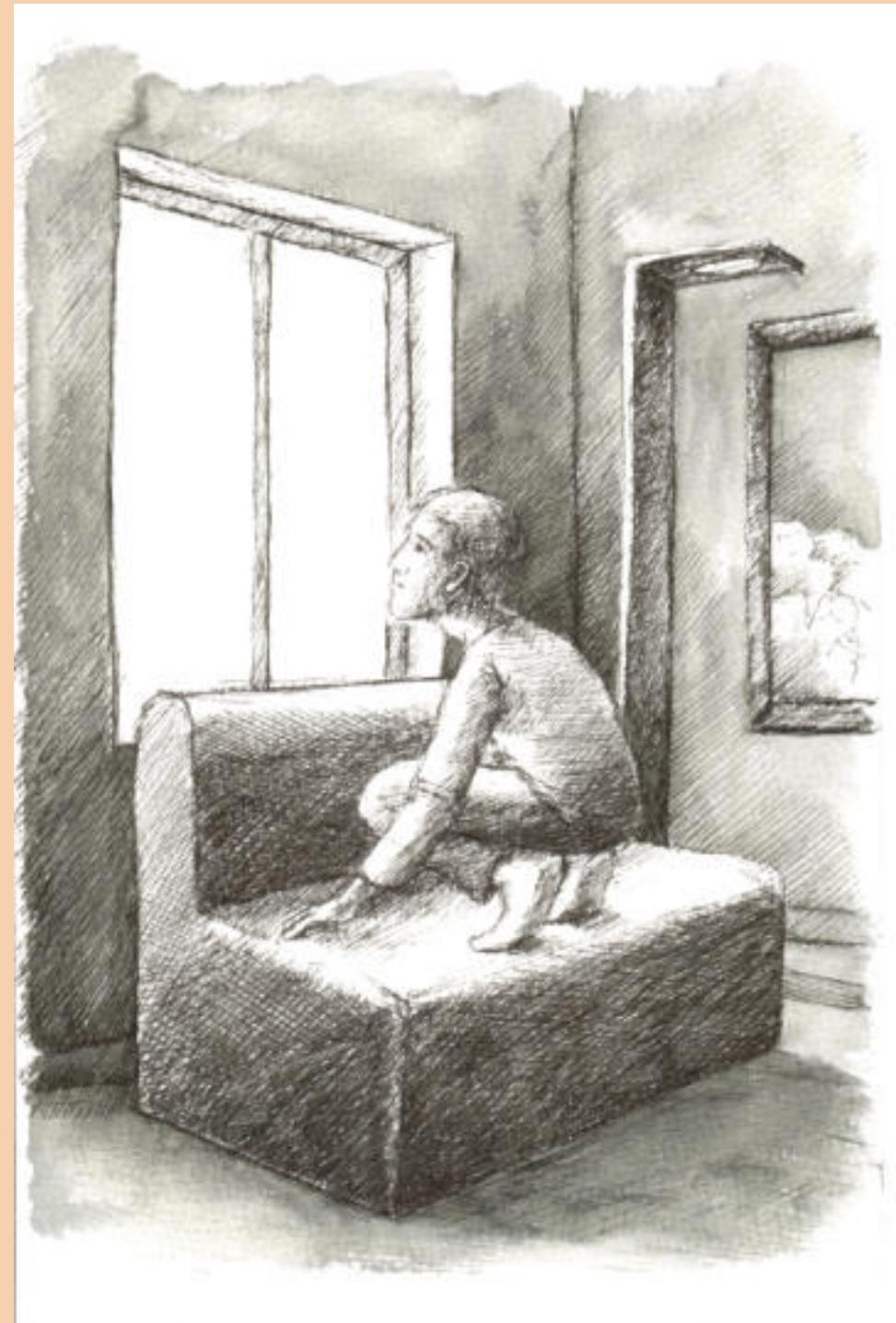
Tag 37



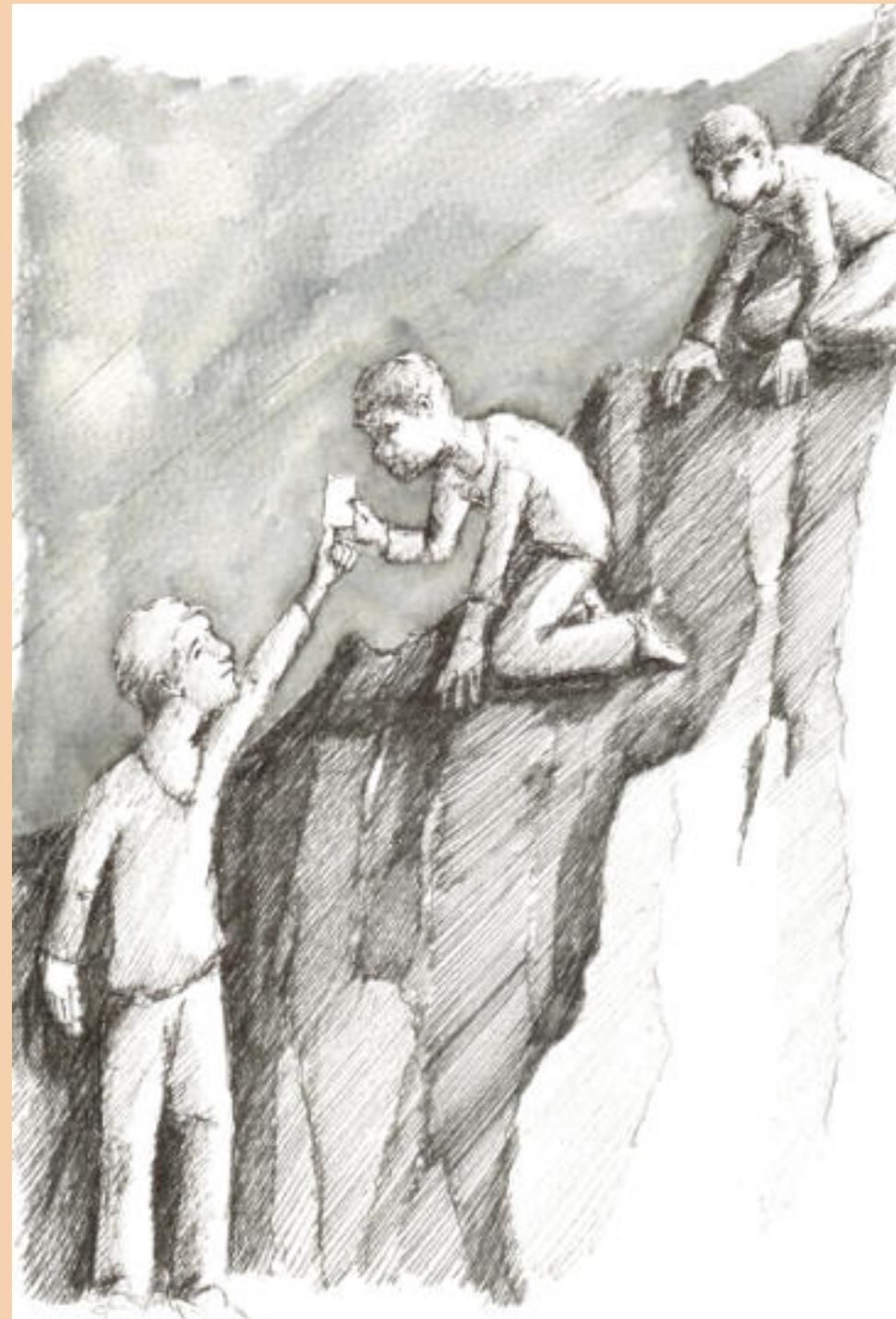
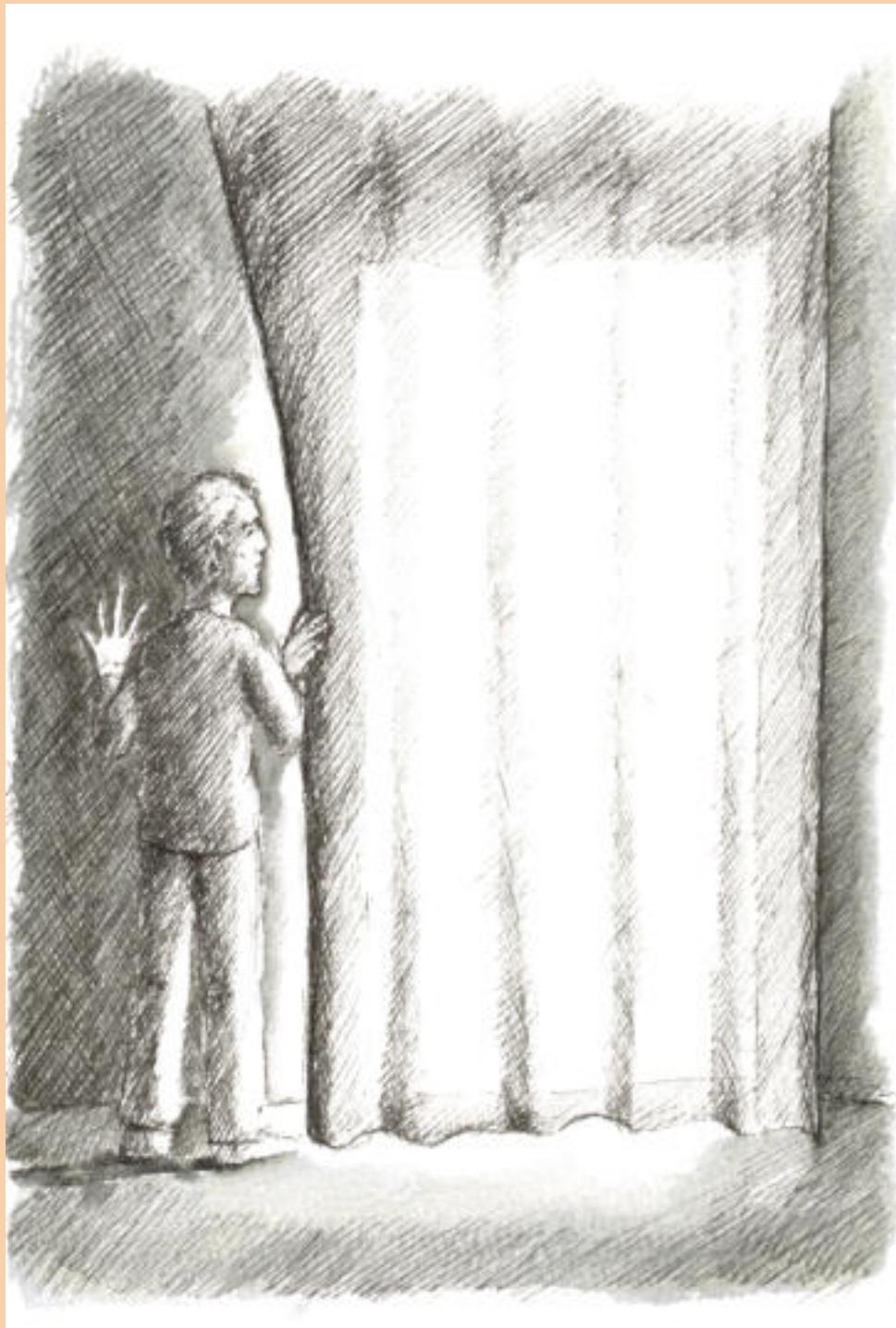
Tag 38



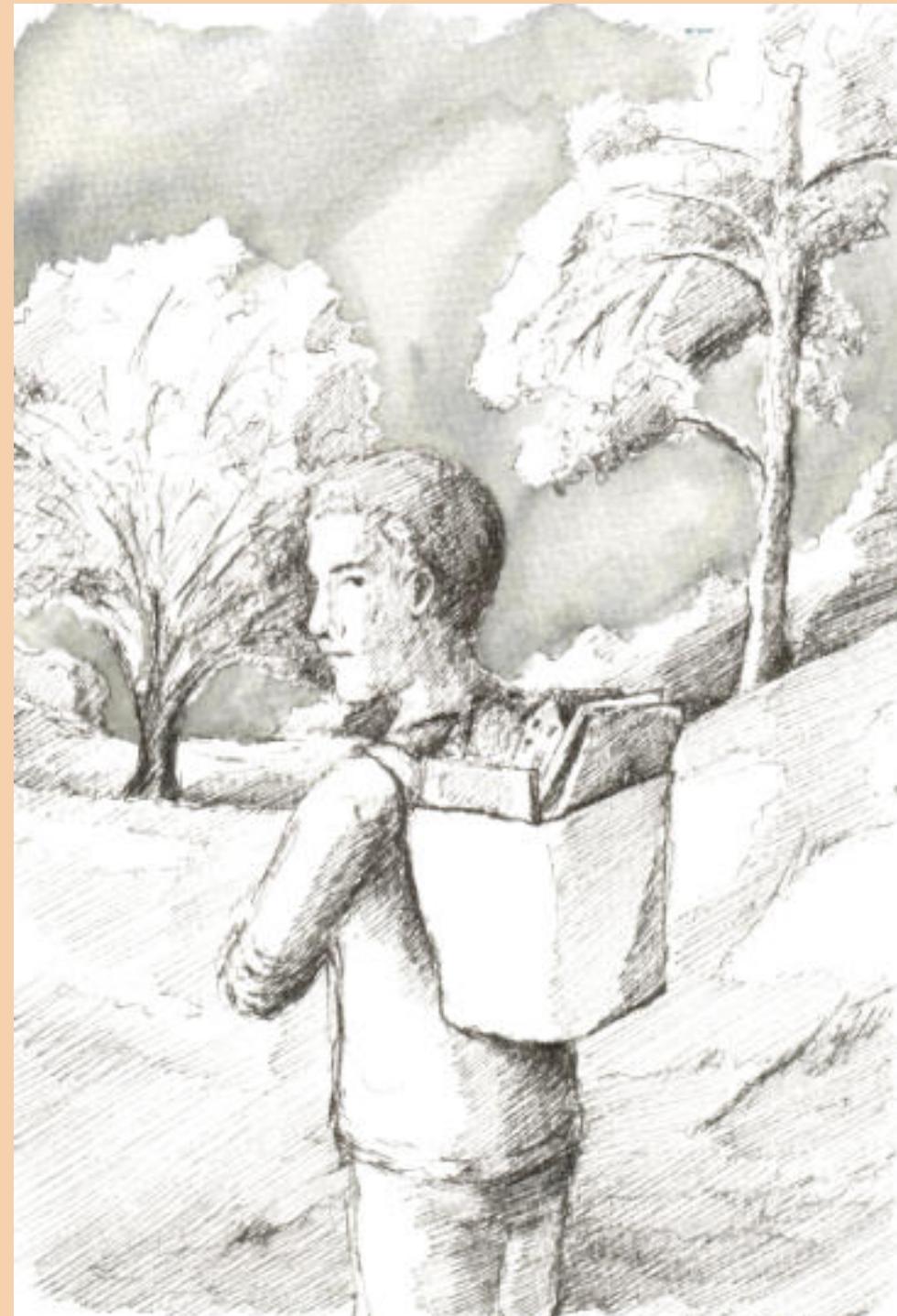
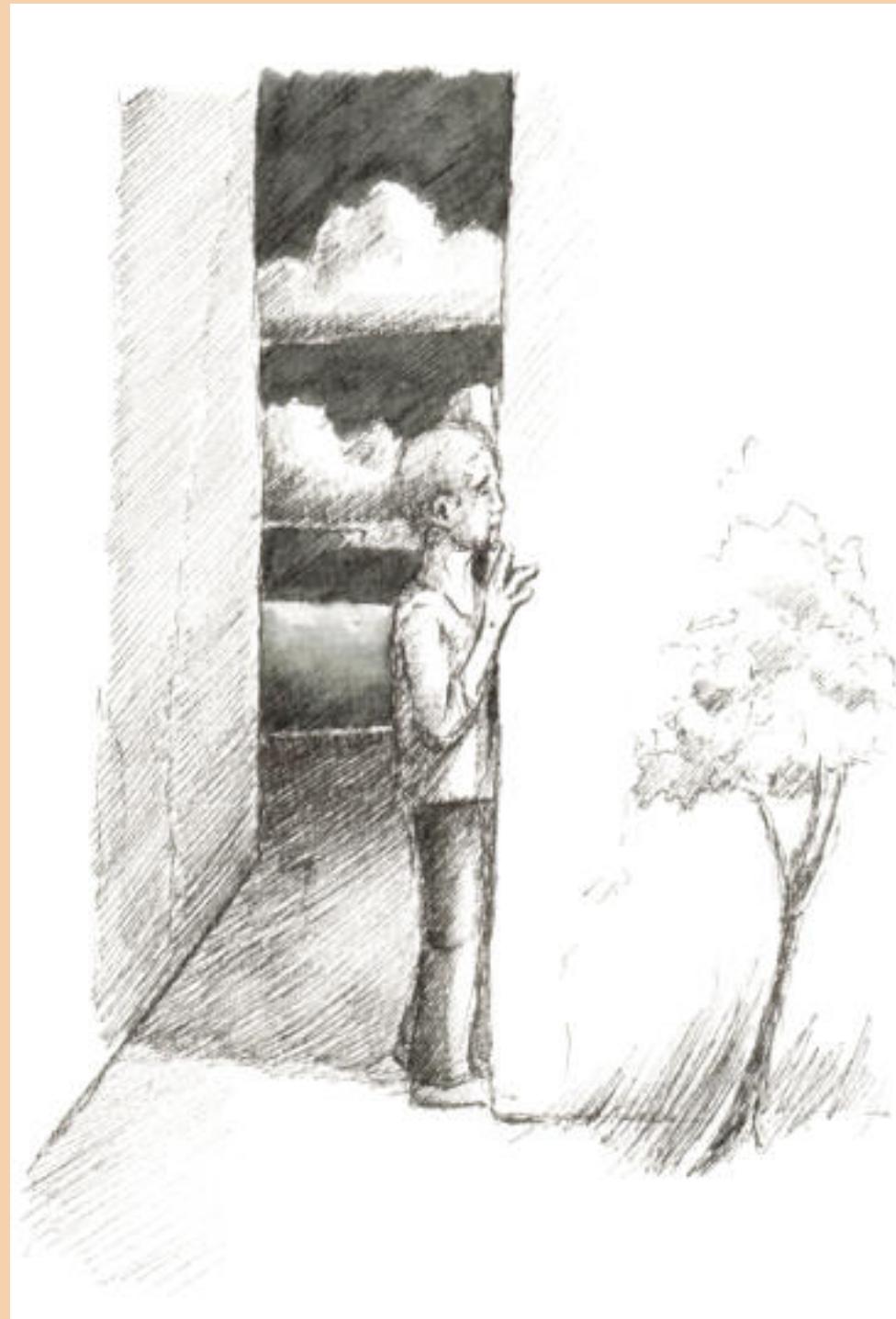
Tag 38



Tag 39



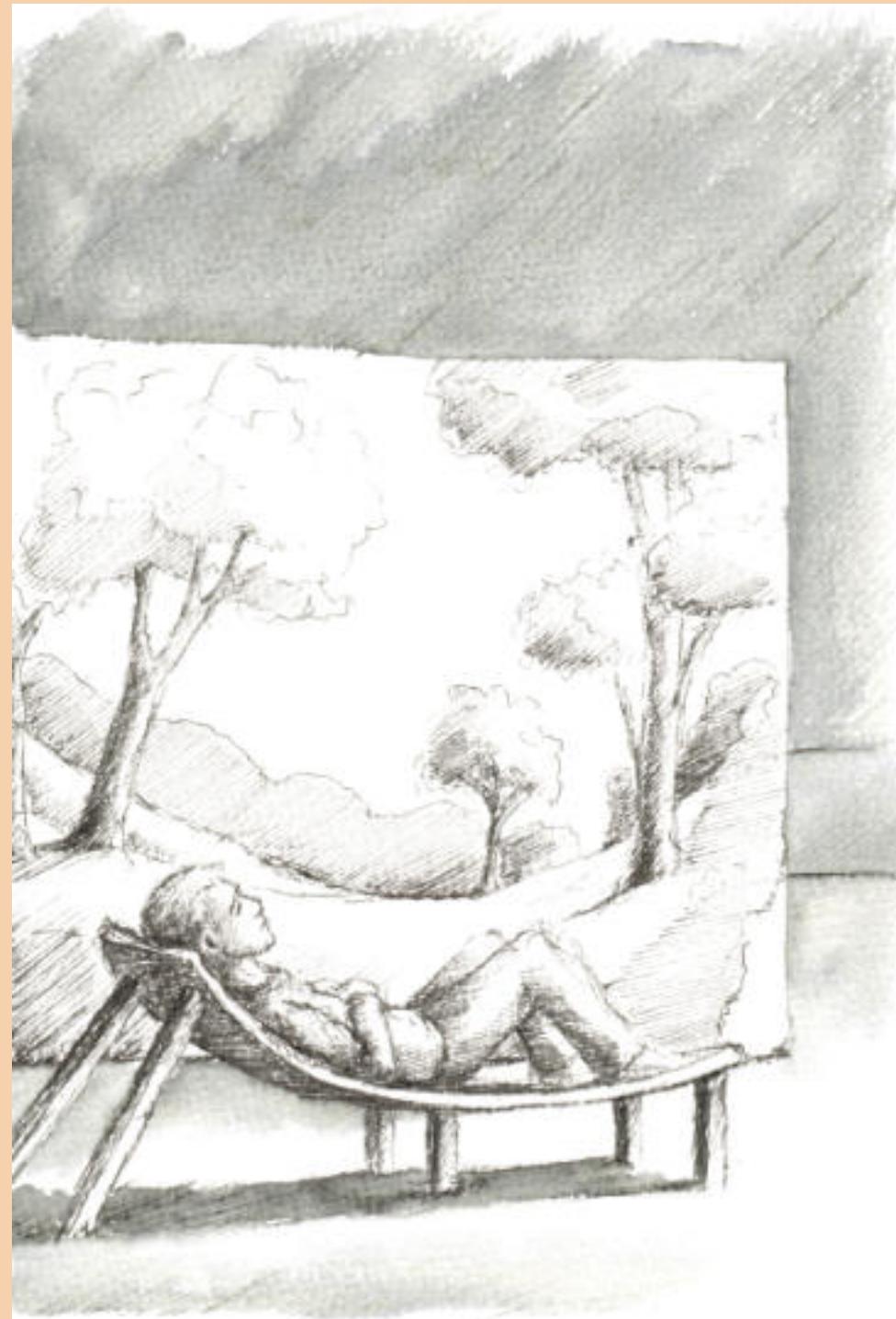
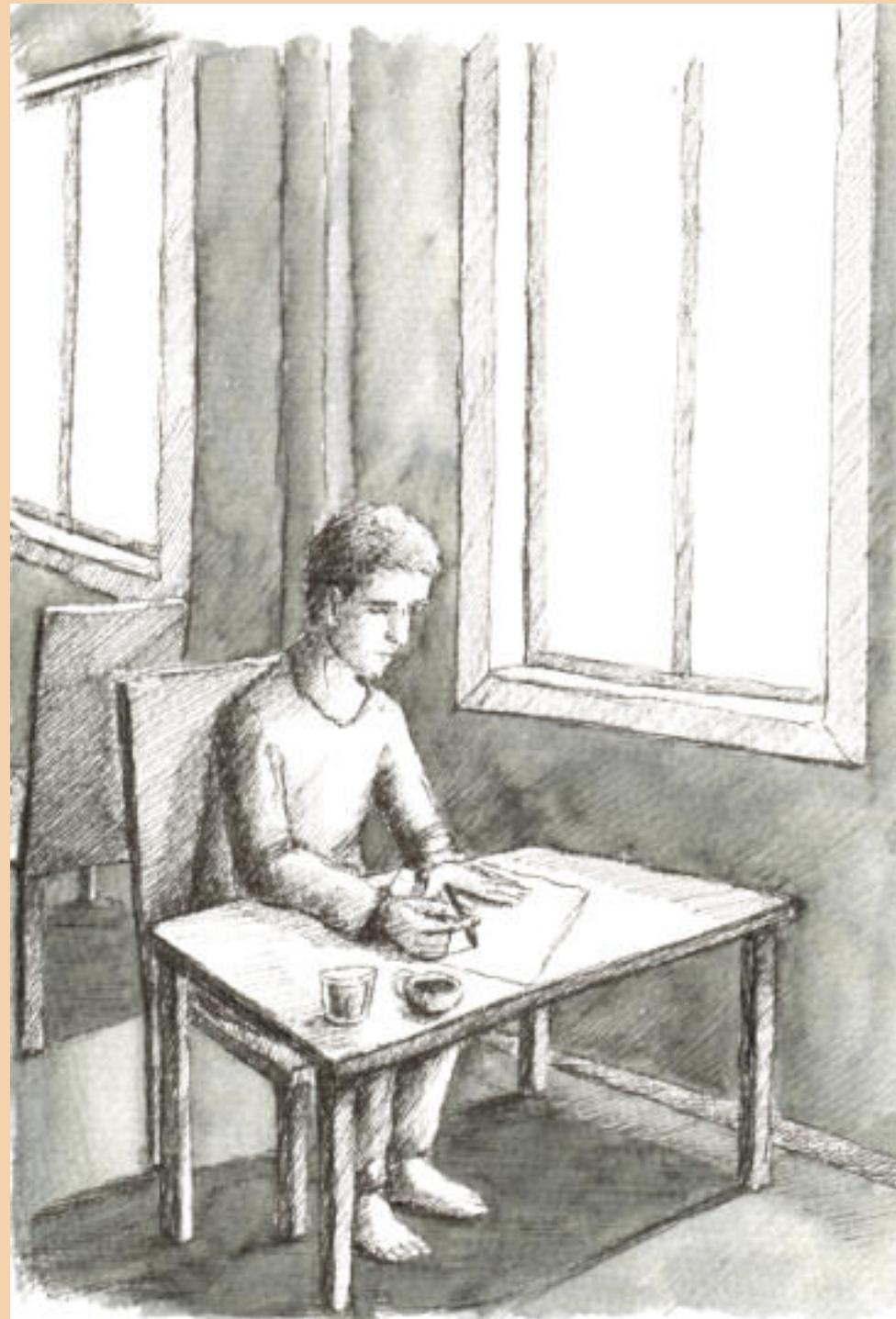
Tag 39



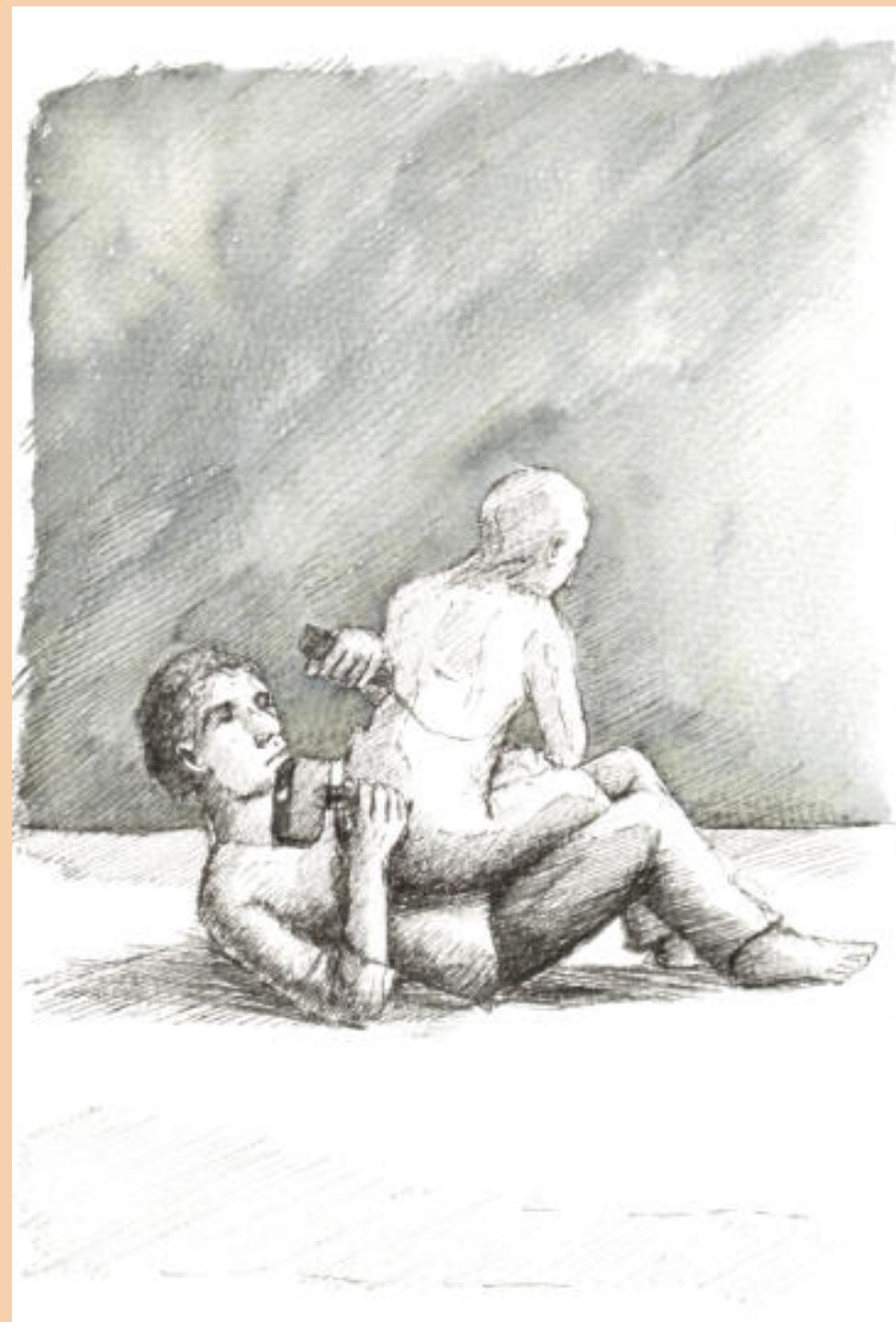
Tag 40



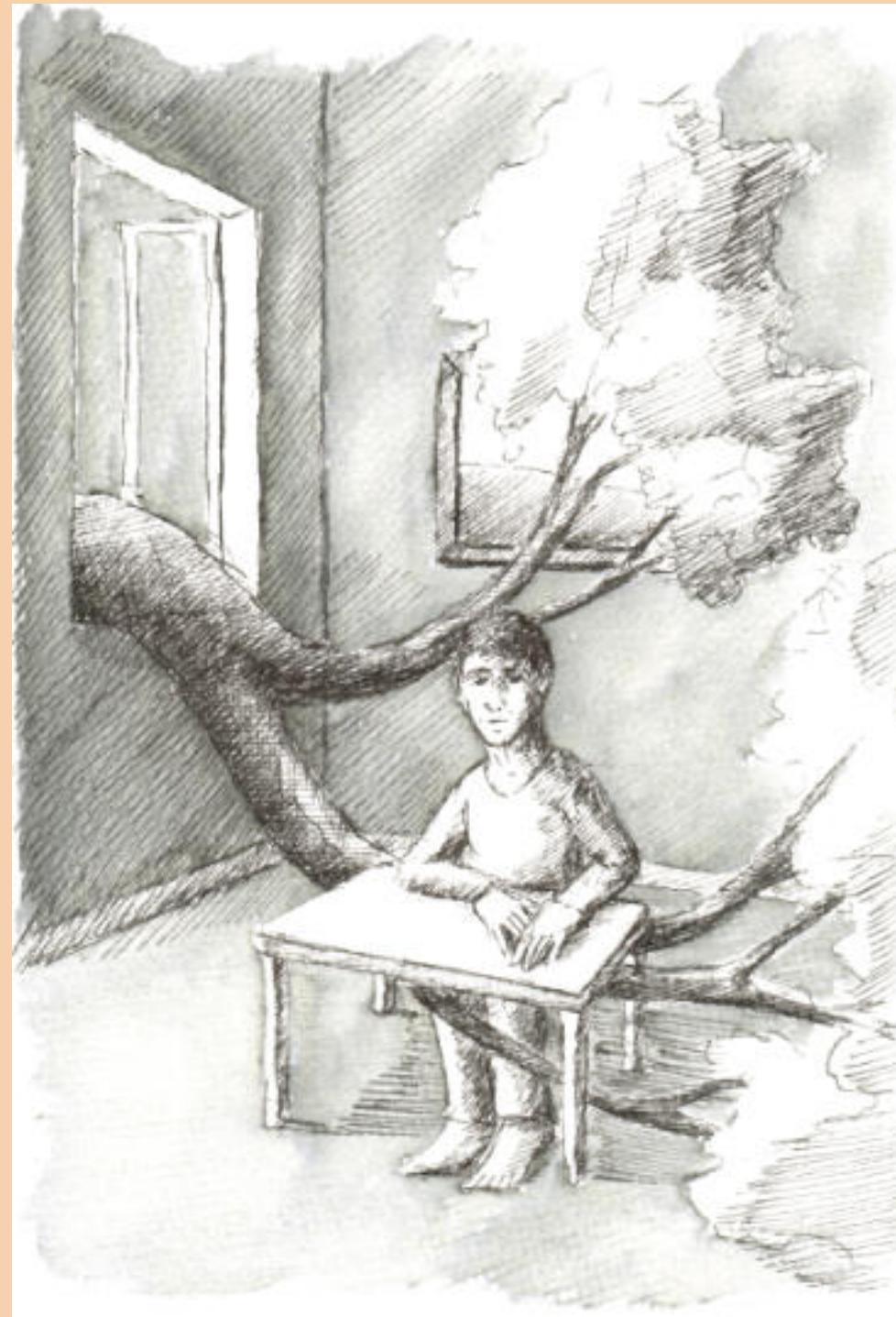
Tag 40



Tag 41



Tag 41



Tag 42





Silent-Art

[www.silent-art.de](http://www.silent-art.de) | [info@silent-art.de](mailto:info@silent-art.de)

© Jörg Hornisch