

Addressing Personal Resource States during War in Ukraine

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Abstract.

A theoretical and empirical analysis of personal resources and resourcefulness in crisis periods of society, particularly during times of war is provided in the article. The theoretical analysis focuses on understanding personal resourcefulness as a necessary tool for survival and successful adaptation in complex life situations. Overall, the availability and search for personal resources allow for the expansion of possibilities and the use of sources of internal strength, which facilitate the overcoming of crisis situations and minimize acute stress reactions to them.

Following the result of the art therapy technique "Black Square", the level and depth of negative experiences have been determined, as well as individual ways to search for resourceful states or their support have been diagnosed.

It has been found that the majority of respondents experienced negative emotions (anxiety, anger, aggression) before starting to draw the black square, and afterwards, positive emotions (joy, inspiration) became dominant, indicating the effectiveness of this technique. Based on the analysis and interpretation of isotropic material, four groups of participants were identified. Each group was characterized by the domination of certain emotional states: groups of individuals with crisis and destabilizing experiences (non-resourceful states) and corresponding groups of individuals with crisis and stabilization as well as transformational experiences (resourceful states). Psychological characteristics of representatives of each group were provided taking into account the depicted symbols, colors, and placement of the black square, its size, and spatial arrangement. Symbols and colors that are most frequently encountered in drawings were generalized and interpreted, which is an important indicator in organizing the therapeutic process in search of resources, their support, or dealing with changing crisis experiences to stabilizing or transformational ones.

Keywords: *resource, resourceful state, personal resource, crisis experiences, transformational experiences, symbol, color symbolism.*

Introduction.

Recently, society has been facing many challenges, including COVID, the war in Ukraine, and a profound transformation of the usual way of life in almost all corners of the world. Excessive uncertainty and threats to existing rules and democratic systems, and often even to the lives of peaceful people, encourage the search for new formats and resources to preserve the mental and physical health of individuals. It is in these extremely complex moments, when existing challenges require mobilization from humanity, when the role of psychological resources and their expression becomes extremely relevant. The ability to activate one's own resources and be resourceful in complex situations is the key to preserving and developing mental health.

From the psychological perspective it is important to focus not only on problems and disorders but also on the strengths and resources of the individual. Such an approach in work balances self-perception, promotes personal development, and often prevents relapses. Building and organizing a full life is as important a goal of psychological assistance as getting rid of problems.

The concept of resources has a wide representation in the context of the following categories: "psychological resources", "personal resources" (S. Hobfoll, 2002), "coping", "creative and personal potential", "inner resources", "psychological reserves", "adaptation abilities" (A. Maklakov, 2001), "resilience", "locus of control", "ego strength", "vitality" (S. Maddi, 2006), and a range of others. As noted in the article "Psychological resources of the individual as a scientific paradigm" by O. Datsenko (2020), the terminological range of these complexly defined and operationalized concepts could be extended.

Literature review.

The problem of psychological resources is not new in psychological science. Its theoretical and practical analysis is quite widely represented in the works of both domestic (T. Tytarenko, & T.

Larina, 2009; I. Brynza, & Y. Kozlov, 2019; Z. Kireieva, 2022) and foreign psychologists (S. Hobfoll, S. Tirone & J. Gerhart, 2016; J. Schaefer, & R. Moos, 1998; R. Lazarus, 2000).

The importance of emotional experiences, triggered by one's attitude towards an event, was emphasized by ancient philosophers such as Seneca, Epictetus, and Marcus Aurelius. The ability of humans to withstand the hardships of life is considered within the framework of existentialism, a resource-based approach that emerged within humanistic psychology with its focus on studying the constructive potential of the individual that allows them to overcome difficult life situations (I. Vashchenko, & B. Ivanenko, 2018).

It is believed that research on personal resilience, which was conducted by the American psychologist S. Maddi (2005), marked the beginning of the focus on the issue of resources. This topic has been widely analyzed both in domestic (I. Mazokha, 2019; O. Khaminich, 2016; Z. Kireieva, 2022) and foreign psychology, with scholars such as S. Luthar et al. (2000), M. Netczuk-Gwoździewicz (2017), G. Windle (2011), K. Matheny, D. Aycock, J. Pugh, W. Curlette & K. Silva Cannella (1986), C. Holahan & R. Moos (1991) contributing to the theoretical and practical analysis of the issue.

Following S. Joseph's (2021) research, among the classical psychologists the question of resources can be traced in the theory of humanistic psychoanalysis of E. Fromm (personal striving for the peak of existence), the humanistic concept of C. Rogers (in the context of self-realization of personality and coherence of the real and ideal self, congruence), traits of self-actualized personality, which serve as a guide for developing personal resources to overcome complex life situations (A. Maslow).

The topic of resources is actively studied in the context of problems of stress research and coping behavior (K. Matheny et al., 1986; A. Kocharian, 2011). According to Hobfoll's resource theory of stress, stress as the experience of extreme stimuli occurs when a person feels that they are losing resources to resist the situation (S. Hobfoll et al., 2016). The loss of resources is considered as the primary mechanism that triggers stress reactions, which are accompanied by various negative emotions (fear, anxiety, frustration, etc.) (O. Shtepa, 2015). Overcoming a stressful situation is viewed through the restoration of lost resources or initiation of new ones.

It is worth mentioning that resources are also viewed as an aspect of self-regulation, as part of the concept of personality and human potential, and are included in the description of life strategies (H. Orkibi, 2021; T. Kashdan, 2010).

Despite the interest of scientists in the topic of resources in a broad and narrow sense, there is a need for a more in-depth and systematic analysis and the development of a comprehensive fundamental model of the resource phenomenon.

The term "resource" comes from the French word "ressource" which means "auxiliary means" and is an interdisciplinary concept. It refers to the means and conditions that allow us to obtain the desired result through certain transformations. It is a state or capability that can be utilized when needed, an additional source of psychological and physical strength and energy (I. Vashchenko, & B. Ivanenko, 2018).

In the broadest sense, resources are understood as everything that can be used by humans for effective existence and the maintenance of quality of life (O. Shtepa, 2015). Psychological resources are usually discussed in the context of internal psychological capabilities, sources of inner strength that enable individuals to cope with difficult situations and achieve their goals. This is a rather complex phenomenon that is determined by the physical and socio-psychological characteristics of the individual, the properties of their nervous system, experience, and potential.

Due to another definition of psychological resources, they are understood as an integral quality of personality that influences the modeling of various strategies of adaptive behavior. It allows not only maintaining psychological homeostasis but also implies optimization of constant interaction with the environment to establish a constant balance (O. Datsenko, 2020). Thus, it can be assumed that this aspect was the reason why at the beginning of the war between Russia and Ukraine, the position of the world was such that "Ukraine has no chances". Because a chance is something visible, with a calculated probability, and the property of a person (and the Ukrainian people) becomes a resource only in the context of an adaptive process when it is involved in the process of establishing a correspondence between individual needs and environmental demands.

And this is what was not visible when calculating the chances in the unjust war of Russia against Ukraine, both for Russia and for the world.

Essentially, a resource can be seen as a tool for interacting with the external world. It is something that can be formed, manifested, and activated, and through which one can influence and be influenced. This is a transformation of objective reality into a world of subjective possibilities.

According to E. Shapiro (2020) point of view, resources can be presented in two states: actual and potential. When the conditions caused to a person by a situation go beyond their actual resources, their potential resources are activated. The phenomenon of resources is interesting in the context of a means that allows for obtaining a desired result through certain transformations.

Scholar S. Hobfoll classifies resources in the following way: 1) material objects (income, house, clothing, material fetishes) and immaterial (desires, goals); 2) external (social support, family, friends, work, social status) and internal (self-esteem, professional skills, abilities, interests, hobbies, personality traits, optimism, self-control, life values, belief systems); 3) mental and physical states; 4) volitional and emotional characteristics, high levels of energy (I. Vashchenko, & B. Ivanenko, 2018).

In EMDR therapy, techniques for stabilizing and installing resources are widely used at the beginning of trauma work. The most appropriate resource for the situation is chosen through the following questions:

- When you imagine this situation, what traits and resources would you need to cope with it?
- Have you ever experienced a similar situation to the one you dealt with? (memory).
- It could also be a character from a book, movie, or even a cartoon (person).
- Perhaps there is a symbol, metaphor, or thought that could help you cope with a future unpleasant situation? (symbol) (F. Shapiro, 2018).

The use of psychological resources refers to the situations when a person consciously actualizes their psychological potential and applies constructive ways of coping with a difficult situation. The modern biophysicist, Popov Yu. asserts that there are mechanisms of self-restoration in the human body that can "restore" a damaged organ to its normal state (I. Vashchenko, & B. Ivanenko, 2018). From the perspective of practical psychology, it is important to convey to individuals the possibility of correcting their behavior long before their resources are depleted.

Within various psychotherapeutic approaches, there are numerous techniques and approaches for working with resource states and activating personal resources. In recent years, given the intensity of crisis experiences among Ukrainians associated with military actions on their territory, art therapy techniques have been justified and proven to be highly effective.

Methodology.

The study involved 52 participants, aged 20 to 50, who were experiencing a high level of negative emotions. The technique used to search for and activate the participants' resourceful states was V. Nazarevych's "Black Square" technique (N. Kalka, & Z. Kovalchuk, 2020). This technique is aimed at self-regulation of negative emotions and activation of personal resources.

The following instruction was offered to the respondents: On an A4 sheet of paper, draw a black square that represents all negative emotions and things that do not satisfy you in life. Then (if desired), draw anything you like. The main task is to make the resulting drawing as pleasing for you as possible. In the next step the participants were asked to answer the following questions:

- What emotions does the black square drawing evoke in you?
- What elements did you add?
- What do they mean to you?
- How is this related to real life?
- What has changed in your perception of the drawing?
- What emotions, feelings, and thoughts arise when you look at the transformation of the drawing?

In the course of quantitative, qualitative analysis and interpretation of the obtained results (drawings), the following criteria were taken into account:

- Size (small, medium, large);

- Placement (center of the sheet, top of the sheet, bottom of the sheet, left side of the sheet, right side of the sheet);
- Spatiality (flat, volume);
- Square shading (absent-present);
- Pressure strength (light, moderate, strong);
- Name of the drawing;
- Emotions before drawing;
- Emotions after completing the drawing;
- Change of the drawing (absent-present);
- Presence of additional symbols;
- Dominant colors;
- Integrity of the created picture.

Research Results.

Based on the comprehensive analysis according to the above-mentioned criteria and interpretation of the obtained data, all respondents were divided into four groups based on the level, intensity, modality, and depth of emotional experiences: individuals with crisis experiences, individuals with destabilizing emotional experiences, individuals with stabilizing experiences, and individuals with experiences that lead to personal transformations (positive and constructive). The first two groups, which include crisis and destabilizing experiences, represent non-resourceful states of the individual, while the groups whose members have stabilizing and transforming experiences are characterized by readiness to search for resources or possess resource potential, and are therefore classified as resourceful states. The division is schematically shown in **Figure 1**.

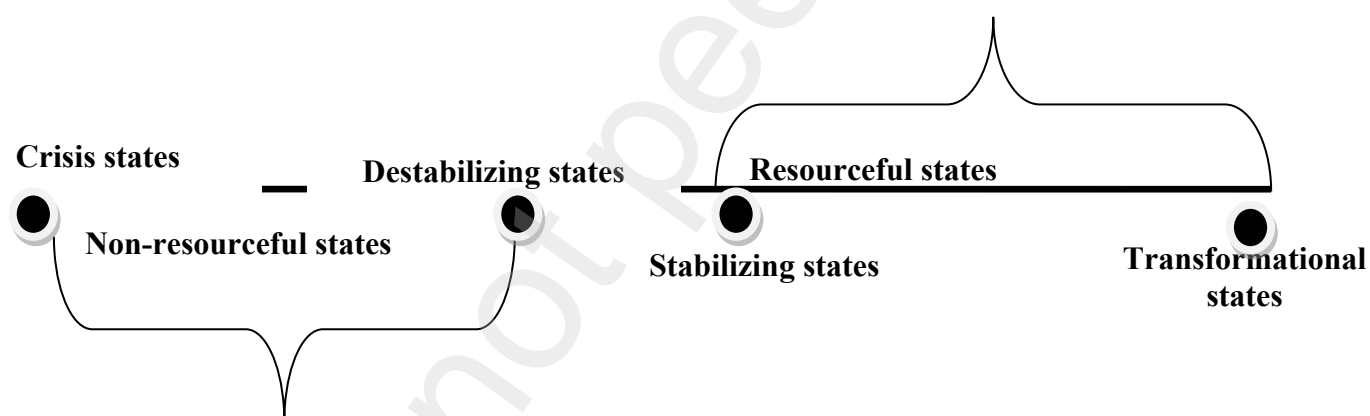


Figure 1. Scheme of resourceful and non-resourceful states based on the results of the "Black Square" technique (Source: authors' own contribution)

It is suggested to provide and analyze a detailed description of the features of the respondents' Black Square images, based on the aforementioned criteria for each of the identified groups. Thus, in the first group, which is dominated by the individuals with crisis experiences and states, there is a general tendency to place the square in the center of the sheet, typically of medium or large size, flat and hatched (Fig.2).

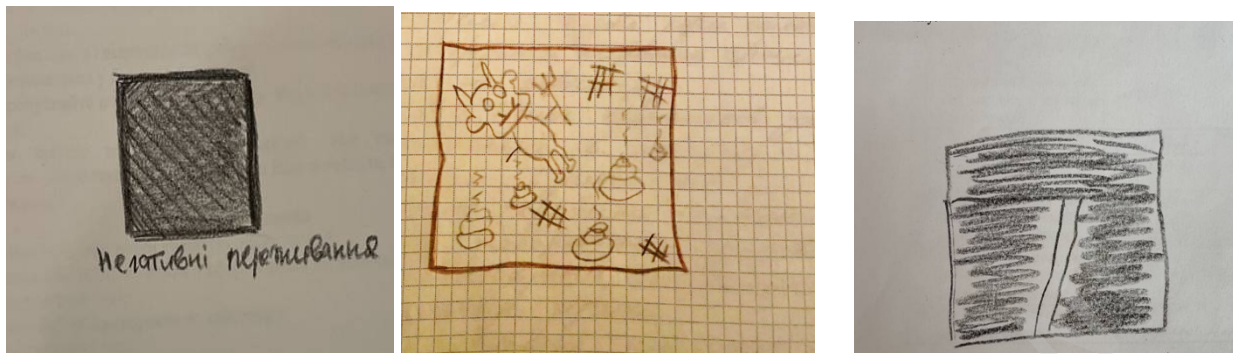


Fig. 2. Drawings by individuals with crisis experiences using the "Black Square" technique (Source: authors' own contribution)

Most black squares presented by the individuals with crisis experiences do not have additional symbols, or if they are present, they symbolically indicate the deepening of negative experiences. This particular feature of the drawing indicates a lack of resources to overcome negative states or for their stabilization.

The absence of the title of the drawing may indicate a desire to conceal or repress one's negative experiences or an inability and unwillingness to verbalize emotions. The presence of color schemes and their combinations, specifically colors such as red, black, blue, and gray, may indicate being stuck in negative emotional states (Table 1).

Crisis states	Destabilizing states
<ul style="list-style-type: none"> • Size (<i>mainly medium and large</i>); • Placement (<i>mainly central</i>); • Spatiality (<i>mainly flat</i>); • Square shading (<i>present</i>); • Pressure strength (<i>strong</i>); • Name of the drawing (<i>most of the drawings have no title or have an indication of negative emotions</i>); • Emotions before drawing (<i>anxiety, sadness, fear, aggression, fatigue, emptiness, burnout</i>); • Emotions after completing the drawing (<i>anxiety, anger, fear</i>); • Change of the drawing (<i>changes are present</i>); • Presence of additional symbols (<i>the most common symbols are: heart, eye, leaves, grid, geometric shapes</i>); • Dominant colors (<i>black, blue, red, gray</i>); • Integrity of the created picture (<i>the drawing is cohesive</i>). 	<ul style="list-style-type: none"> • Size (<i>mainly small and medium</i>); • Placement (<i>mainly central</i>); • Spatiality (<i>mainly flat</i>); • Square shading (<i>present</i>); • Pressure strength (<i>strong</i>); • Name of the drawing (<i>most of the drawings have no title</i>); • Emotions before drawing (<i>anxiety, irritability, no emotions</i>); • Emotions after completing the drawing (<i>dissatisfaction, calmness, lack of emotions</i>); • Change of the drawing (<i>changes are present</i>); • Presence of additional symbols (<i>the most common symbols are: a flower, the sun</i>); • Dominant colors (<i>black, red</i>); • Integrity of the created picture (<i>the drawing is cohesive</i>).

Table 1. Characteristics of drawings in non-resourceful groups (crisis, destabilizing) based on the "Black Square" technique (Source: authors' own contribution)

Regarding the second group, where destabilizing experiences prevail, a small to medium-sized black square, a flat image, but with the presence of hatching and strong pressure is observed.

Compared to the previous group, there is still strong pressure and an absence of the drawing's name (Table 1).

The black squares in the group of individuals with destabilizing experiences indicate the presence of negative states, but they are less deep and acute than in the previous group. It should be noted that the presence of additional symbols and their semantic meaning confirms the possibility of hidden resources in the personality and the importance of their activation (a flower, the sun, grass).

At the same time, the absence of a title and the typical color scheme in black or black-red tones is an indicator of intense negative emotional experiences and the need to optimize negative emotional states. It should be noted that in both cases, the individuals in these groups have mostly integrated images, indicating excessive immersion and integration of the personality in their own negative experiences, which accordingly contributes to personal exhaustion and a lack of resources.

The general trend in the drawings of both groups (uniform color palette, absence of additional positive symbols, dominance of negative emotions) indicates a possible impoverishment of emotional experiences in the context of positive emotions, and consequently, a lack of internal impulses to optimize and improve one's own psycho-emotional states.

Analyzing the drawings of the group members who are going through a crisis, based on the symbols and colors present, we can note a high level of tension, hyper-control, lack of spontaneity, and a high level of self-awareness and introspection.

Taking into account the symbolism of the black color, which is present in most of the drawings, its characteristic features in such a context are internal experiences of emptiness, chaos, indeterminacy, and self-denial.

Regarding the gray color, in the drawings of the black square, it may indicate a lack of emotions and feelings, exhaustion, or the presence of a depressive state.

Considering the emotional characteristics that are present before and after drawing, they remain negative and unchanged (anxiety, fear, exhaustion, etc.), which undoubtedly indicates the presence of acute negative emotional states that deepen and consequently, a lack of personal resources to correct these states.

For individuals who represent a group with destabilizing experiences, paying attention to color (black, red or their combination), we observe the presence of excitement, destructive force fighting transformation, the presence of suffering and intense emotions. Such a combination is an "internal war" that arises from the need for success and prosperity. Often, these colors indicate active emotions of anger and rage, which can be driving forces for constructive change, transitioning from destabilizing states to stabilizing ones.

The same applies to symbols such as flowers and the sun, which often carry symbolic meanings associated with the desire for life, restoration, seeking strength and inspiration, and are therefore a stimulus for individuals to seek resources for change and beginnings (Fig. 3).

While considering the dynamics of emotional experiences, taking into account the respondents' expressions, they do not change significantly by modality, but their intensity decreases or a state of "absent emotions" or "dissatisfaction" appears.

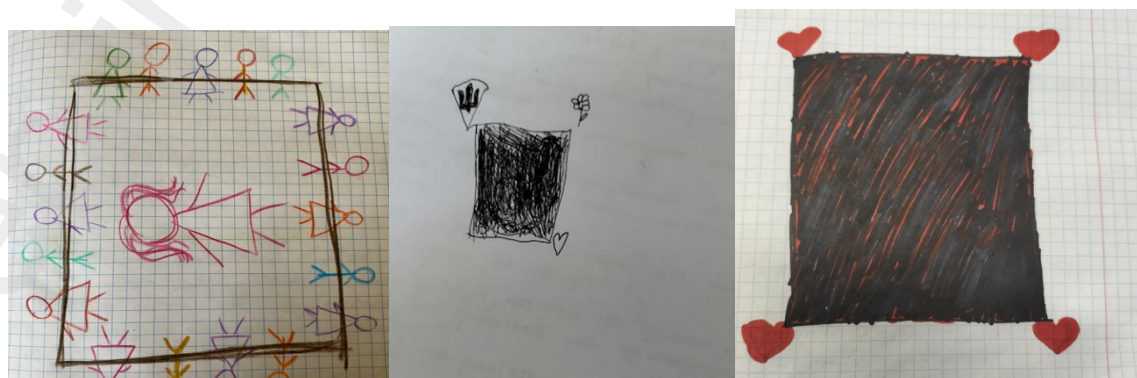


Fig. 3. Drawings by individuals with destabilizing experiences using the "Black Square" technique
(Source: authors' own contribution)

Regarding resource groups, specifically groups dominated by stabilizing states, respondents tend to place the square in the center or at the top of the sheet. Typically, this square is of medium or large size, flat, and hatched. Also, most of the drawings have no titles, similar to the representatives of the above-described groups.

However, it should be noted that there is a noticeable positive dynamic in emotional states: negative emotions are replaced by positive ones, and respondents experience states of inspiration, relief, and resourcefulness. The emotion of joy, as a characteristic of the state after creating the final composition of the drawing, appears in the majority of representatives of this group (Table 2).

Stabilizing states	Transformational states
<ul style="list-style-type: none"> • Size (<i>mainly medium and large</i>); • Placement (<i>mainly central and at the top</i>); • Spatiality (<i>mainly flat image</i>); • Square shading (<i>mainly present</i>); • Pressure strength (<i>medium or strong</i>); • Name of the drawing (<i>most of the drawings have no title</i>); • Emotions before drawing (<i>anxiety, sadness, awareness, fear, aggression, loneliness, worry, dissatisfaction</i>); • Emotions after completing the drawing (<i>joy, happiness, elation, festivity, inspiration, relaxation, serenity, fun</i>); • Change of the drawing (<i>changes are present</i>); • Presence of additional symbols (<i>the most common symbols: flowers, stars, moon, bird, bright colors, leaves</i>); • Dominant colors (<i>black, blue, red, green, yellow, pink</i>); • Integrity of the created picture (<i>the drawing is cohesive</i>). 	<ul style="list-style-type: none"> • Size (<i>mainly medium</i>); • Placement (<i>mainly central</i>); • Spatiality (<i>mainly flat image</i>); • Square shading (<i>absent</i>); • Pressure strength (<i>weak</i>); • Name of the drawing (<i>most of the drawings have no title</i>); • Emotions before drawing (<i>anger, anxiety, sadness, dissatisfaction, loneliness</i>); • Emotions after completing the drawing (<i>interest, joy, learning, awareness, inspiration</i>); • Change of the drawing (<i>changes are present</i>); • Presence of additional symbols (<i>the most common symbols: clouds, trees, cats, bright colors, geometric shapes</i>); • Dominant colors (<i>orange, purple, blue, white</i>); • Integrity of the created picture (<i>the drawing is cohesive</i>).

Table 2. Characteristics of drawings in resource groups (stabilizing, transformational) based on the "Black Square" technique (Source: authors' own contribution)

Regarding the dominant symbols and colors among the representatives of the group with stabilizing experiences, it can be noted that there is a shift towards bright and saturated colors (pink, green, yellow, orange) in their color palette. The symbolism of these colors suggests abundance, sensitivity, lightness, femininity (pink), energy, struggle, excitement, activity (red), joy of life, self-confidence, and freedom (yellow), energy and desire for achievement (orange), and stability, progress, and concentration (green). The predominance of such a color scheme undoubtedly indicates the presence of personal resources, especially when combined with other resource symbols such as flowers and birds.

Flowers are considered as a sign of the fullness of life and the need for development and empowerment, while the symbol of the bird also conveys a reference to spiritual forces, a need for lightness, freedom, life wisdom, optimism, and dreaminess (Fig. 4).



Fig. 4. Drawings by individuals with stabilizing experiences using the "Black Square" technique
 (Source: authors' own contribution)

When describing the characteristics of the group with transformative experiences, the following features are distinguished: placement of the square in the center, medium size and absence of shading. Most drawings do not have a title, but if they do, they indicate positive experiences, inspiration, and the presence of resources ("Everything will be fine," "It's not that black," "Better life will come").

Regarding the color palette and symbols, they indicate a predominance of positive internal attitudes, readiness for change in life, and constructive behavior in various situations. Additional symbols in the drawings indicate independence, inner strength, behavioral flexibility, adaptability (cats), absence of obstacles, a desire for novelty, ease, a need for internal purification and renewal (clouds), vitality, development, life energy (tree) (Fig. 5).



Fig. 5. Drawings by individuals with transformational experiences using the "Black Square" technique
 (Source: authors' own contribution)

It is also worth mentioning that such color as white emphasizes the desire for light, purification, and cleanliness, as well as inner healing, which undoubtedly indicates constructive processing of negative experiences by the individual and the presence of resourceful states. Purple is a symbol of inspiration, awareness, depth, and inner change, which clearly correlates with the personal fulfillment and positive orientation of the individual.

Orange characterizes a personality that realizes creation, is filled with life force, and is ready to release internal burdens.

Summarizing the analysis and interpretation of the results of the sample using the "Black Square" technique, the dominant emotions of the individuals before and after drawing the proposed picture can be identified. Thus, the distribution of dominant emotions before drawing (the names of emotions were suggested by the participants themselves, so there are both specific emotion names and general descriptions (positive, negative) is presented in **Fig. 6**.

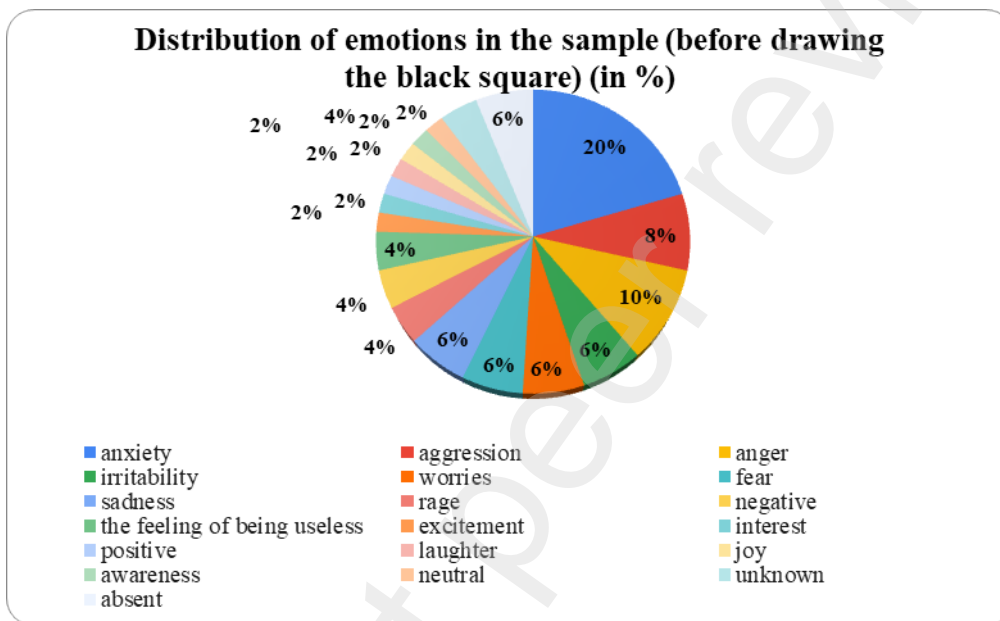
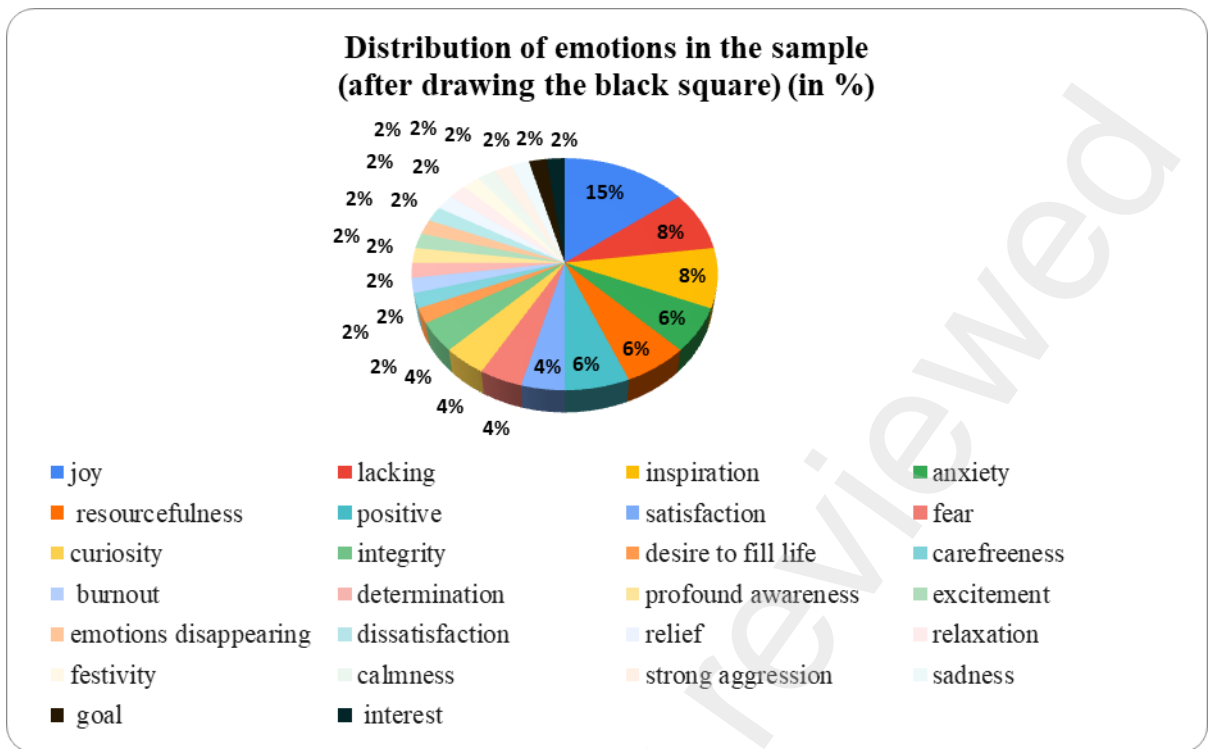


Fig. 6. Distribution of emotions before drawing the black square
(Source: authors' own contribution)

It should be noted that the prevailing emotions are anxiety (20%), anger (8%), and aggression (10%), and overall negative emotions, which indicate the presence and experience of this state, associated with a constant stressful background or expectation of a negative course of life events. In such a state, individuals often feel tension and worry. The emotion of anxiety is always associated with the expectation and prediction of negative scenarios in life situations, sometimes completely unreasonable.

The presence of a certain percentage of respondents experiencing anger and aggression indicates acute dissatisfaction, but often has a destructive nature (does not allow for a rational assessment of situations), but in some cases mobilizes a person's capabilities, leading to their activity and constructive activities.

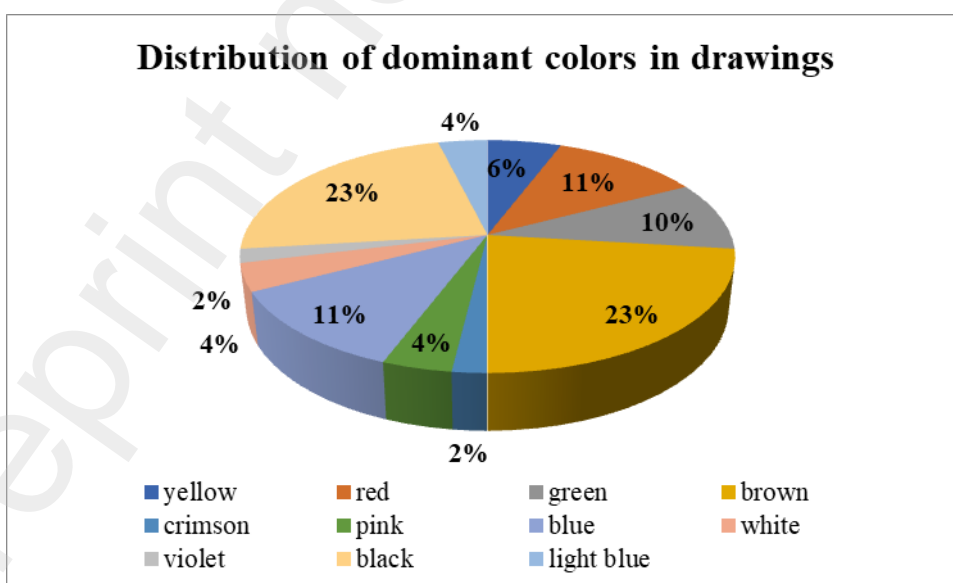
Empirical analysis gives grounds to highlight positive changes in respondents reflected in the emotions that appeared after completing the drawing of the black square and supplementing it with other elements (Fig.7).



**Fig. 7. Distribution of emotions after drawing the black square
(Source: authors' own contribution)**

Data from the scheme highlight that there is a shift in emotions from negative to positive, with joy (15%) and inspiration (8%) being the dominant emotions, as well as resourcefulness (6%). However, the state of anxiety is still present, but the percentage has decreased to 6%. A certain percentage of participants often indicate a state of no emotions (6%), which is a sign of emotional indifference and the need to optimize emotional experiences.

The symbolism of color often reflects the dominant emotional states and experiences while drawing. Therefore, it can be noted that the predominant colors in the drawings in this sample are brown (28%), red (11%), and blue (11%) (Fig. 8).

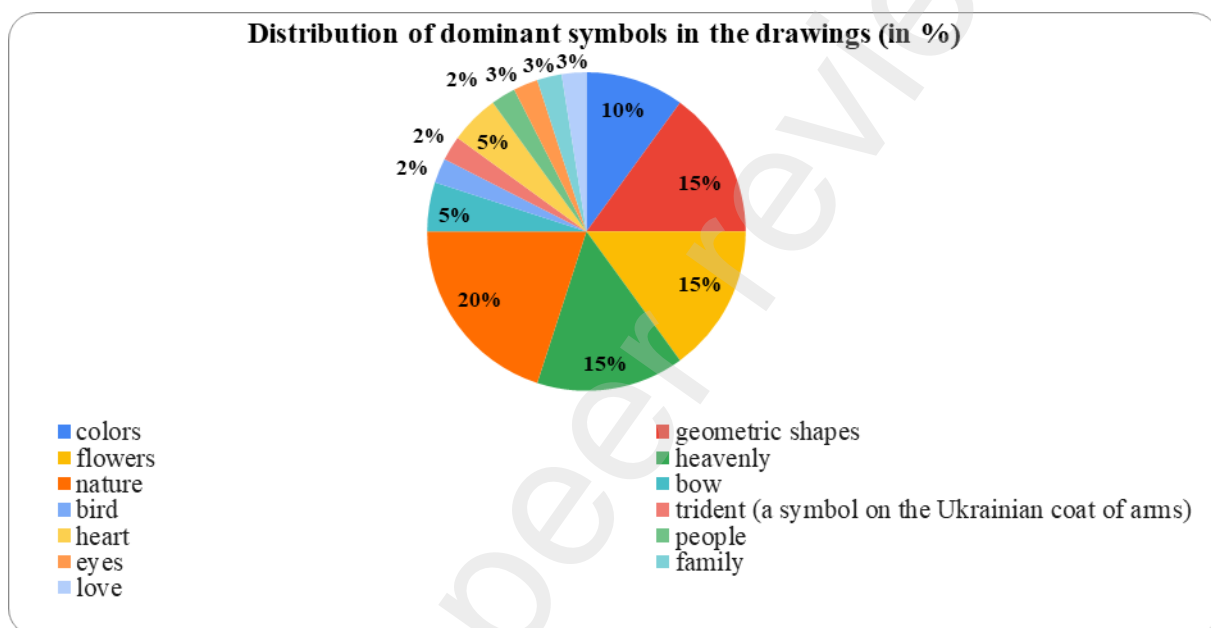


**Fig. 8. Distribution of dominant colors in drawings
(Source: authors' own contribution)**

The presence of such a predominant color palette is an indicator of the need for emotional safety, reducing psychological discomfort, and a desire to be in a close and trusting environment, which instills this feeling (brown color) (23%).

Accordingly, the color red indicates strength, energy, and self-confidence, a desire for activity, which stimulates and directs a person towards achievements, while blue color indicates a tendency towards calmness, a search for inner balance and stability.

For a deeper understanding of the states which were experienced by the respondents, it was necessary to take into account the analysis of dominant symbols, which accordingly indicate ways and methods of processing negative experiences by the respondents (Fig.9). This technique uses a black square as a symbol of negative experiences.



**Fig. 9. Distribution of dominant symbols in drawings
(Source: authors' own contribution)**

The most common symbols found in the drawings were nature symbols (20%), flowers (15%), celestial symbols (15%), and geometric shapes (15%). Through the language of nature and flowers, the participants demonstrated vitality, awareness of the life processes, their cyclical nature, and the filling of life energy. They can also indicate emotional vulnerability, sensitivity, sometimes infantilism, but at the same time, be a sign of the need for internal changes and metamorphosis.

The presence of additional geometric shapes in the drawings often indicates organization, confidence, stability, resilience, power, and a constructive approach to understanding life situations. In many cases figures, especially squares and triangles, indicate firmness, immovability, straightness, honesty, morality, and integrity.

This symbolism in the drawings indicates the presence of certain personal approaches in regulating emotional experiences and negative emotional states, mainly based on the activation of life energy, the search for a safe environment, including a social one, the ability to organize and build their life plans correctly, based on the current realities and the actual situation.

Limits.

It should be noted that these findings do not cover all facets of the issue, but delineate avenues for future investigation. The possibilities for additional exploration are aimed at expanding the variations of working with the "Black Square" technique in the context of the art therapy process with the category of individuals who represent the group of non-resourceful states, namely those with crisis and destabilizing emotional experiences.

Conclusions.

Based on the results of using the art therapy technique "Black Square", the main groups of the respondents who are experiencing the effects of war in Ukraine and are in need of resources have been identified. Respondents of the identified groups are characterized by pronounced crisis and destabilizing emotional experiences (non-resourceful states), as well as stabilizing and transformational experiences (resourceful states).

Individuals in non-resourceful states typically have a black square image that contains a small number of symbols or objects, or exclusively a black square, with a size that is medium or large, and a color range that varies between black, brown, blue, and gray colors. Contrary to the previous group, the images of individuals in resourceful states are filled with a range of bright and warm colors, with a large number of objects and a smaller size of the black square.

Analyses of the empirical research proves that the effectiveness of this technique is evident, as the emotional states of most respondents significantly changed from positive to negative after drawing. The interpretation of symbols and color content provides an opportunity to identify the main ways and internal resources of the participants for finding and supporting resourceful states during crisis periods in society.

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