House-Tree-Person:

Administration: Using any medium the client may like, ask them to complete a picture of anything as long as it includes a house, a tree, and a person. Pay attention to their behaviors while drawing.

Questions: After they have completed their drawing, ask questions related to the house, tree, person, and any other items drawn.

House:

- Where is the house?
- Who lives in the house?
- Do people visit the house?
- Is it a happy house?
- What is the house made of?
- What goes on inside the house?
- How old is it?
- What is its best part?
- What is its worst part?
- What does the house need most?
- Can you tell me a story about the house?

Tree:

- What kind of tree is it?
- How old is the tree?
- What season is it?
- What is its best part?
- What is its worst part?
- Is it alive or dead?
- Is it alone or with other trees?
- Does it have seeds?
- Who waters the tree?
- What does it need the most?
- Can you tell me a story about the tree?

Person:

- Who is the person?
- How old is this person?
- How does this person feel?
- Is the person happy?
- What is their best part?
- What is their worst part?
- What do they need the most?
- What does the person like doing?
- Can you tell me a story about this person?

Interpretation:

- House = family relations and family values
    - Roof = intellectual and spiritual side or fantasy life
    - Walls = character strength and boundaries
    - Doors/Windows = relationship to outside world and social integration
    - Curtains/Blinds = unwillingness or hesitancy to reveal much of oneself
    - Size = acceptance or rejection at home
    - Pathway = accessibility, openness, closed, solitary
    - Fencing = defensiveness
    - Chimney = availability, warmth, power
- Tree = deepest, unconscious aspects of personality
    - Branches = degree of social connectedness
        - Dead Branches = emptiness and hopelessness
    - Trunk = inner strength
    - Tree Crown = ideas, thoughts, and self-concept
    - Scars or Know-Hole = traumatic experiences
        - Height = age at which trauma occurred
    - Bark = heavily drawn = anxiety, carefully drawn = rigid, compulsive personality

    - Split = disintegration of personality
    - Roots = level of security
        - Dead Roots = emptiness or anxiety
    - Leaves = feelings of success
- Person = ideal self and social interactions
    - Head = intelligence, communication, and imagination
    - Eyes = perception of the world
    - Hands = affectivity and aggressiveness

Take Into Account:

- Dimensions of Objects = level of self-esteem and confidence
- Level of Detail = For example, a detailed face may indicate a need to present oneself in a favorable light
- Location of Objects
    - Top of Page = dreams and imagination
    - Bottom = physical world
    - Right = future
    - Center = present
    - Left = past
- Strokes and Lines = determinedness, determination, and decision-making
    - For example, same line drawn twice may show insecurity, dissatisfaction, or perfectionism
    - Firmness of Line = emotional strength, self-esteem, and confidence
    - For example, the use of faint lines may indicate a sense of vulnerability, passivity, and insecurity
- Test Taker's Attitude

Video: https://youtu.be/J87xrHy748Q

Website: https://practicalpie.com/house-person-tree-test/