



Broken Stroke Outline with Phrases and Dingbats

by Gina Harper

Draw attention to photos and journaling by creating a broken stroke outline with phrases or dingbats. Use this technique to frame your entire page for that little extra touch.

For this tutorial you will need:

- Photoshop Elements or Adobe Photoshop

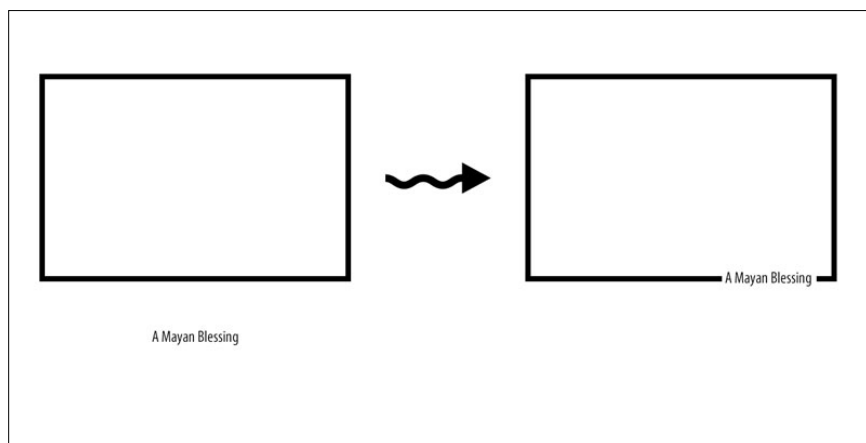
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Step One: Prepare the Workspace

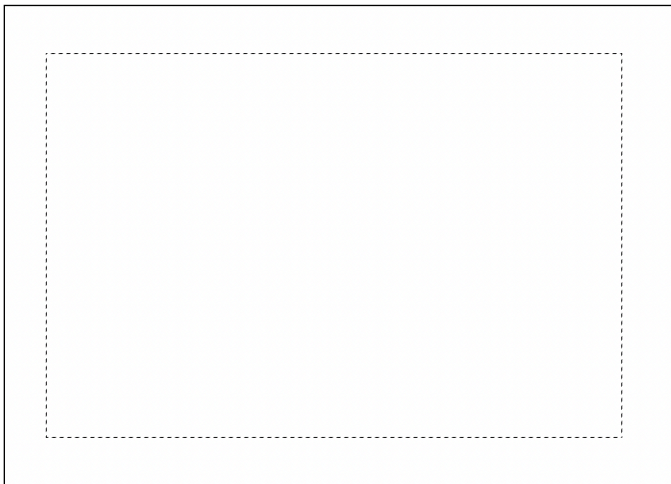
- Create a new 12x12 inch document (File > New > Blank File) at 300 ppi with a white background. (PS: Choose File > New.)
- Press the letter D to reset the Color Chips to the default of black over white.

Step Two: Create a Stroke Outline

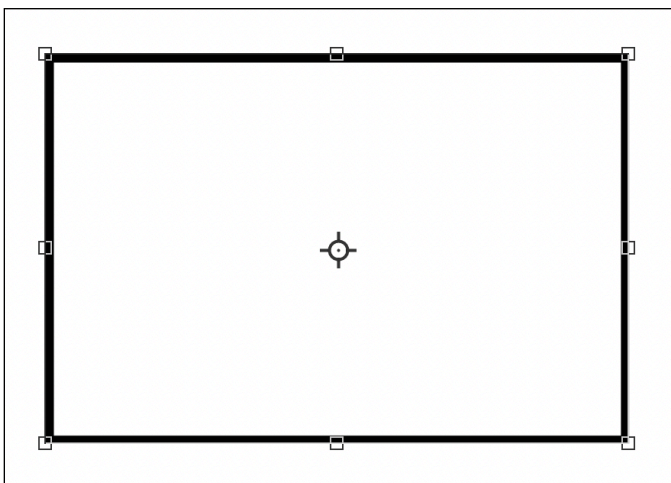
- In the Layers panel, click on the Create a New Layer icon.
- Get the Rectangular Marquee tool.
- In the Tool Options, click on the New Selection icon. Set the Feather to 0 px and the Aspect to Fixed Size. (PS: Set the Style to Fixed Size.) Enter a Width of 6 inches and a Height of 4 inches.

NOTE: This outline is not something you can stretch. If you need a smaller or larger-sized outline, make that adjustment now to suit your needs.

- On the document, click and drag to position the selection so that it's centered on the document.

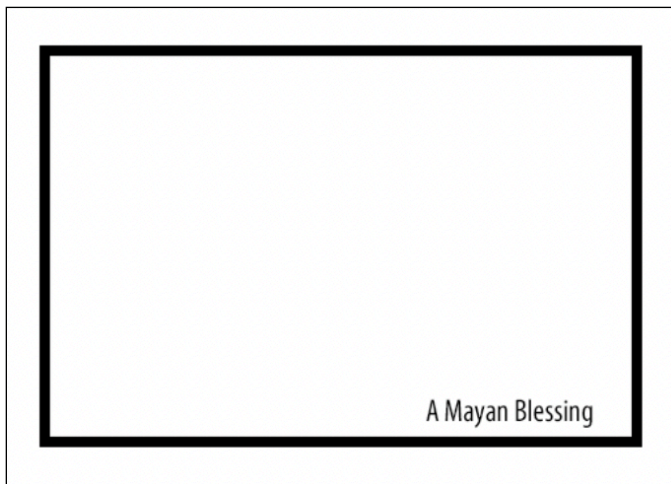


- In the Menu Bar, choose Edit > Stroke (Outline) Selection. (PS: Choose Edit > Stroke.)
- In the dialog box, set the Width to 8 px. Click on the Color Chip, choose black, and click OK. Set the Location to Inside, the Blending Mode to Normal, and the Opacity to 100%. Uncheck Preserve Transparency. Click OK.
- Press Ctrl D (Mac: Cmd D) to deselect.



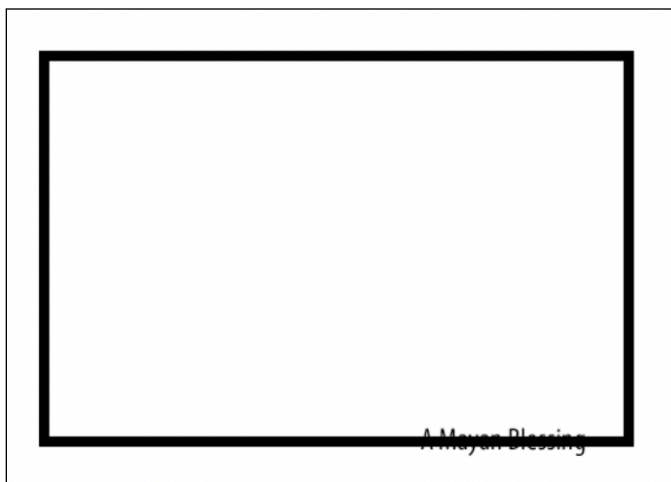
Step Three: Add Type

- Get the Horizontal Type tool.
- In the Tool Options, open the Font Picker and choose a font. I'm using Myriad Pro Condensed.
 - **Photoshop Elements Only:** Set the Size to 18, the Leading to Auto, and the Tracking to 0. Click on the Center Align icon. Click on the Color Chip and choose black.
 - **Adobe Photoshop Only:** Set the Size to 18. Click on the Center Alignment icon. Click on the Color Chip to open the Color Picker. In the Color Picker, choose black and click OK. In the Character panel (Window > Character), set the Leading to Auto and the Tracking to 0.
- On the document, click once inside the bottom right corner just above the bottom of the stroke outline and type the phrase you wish to use. I'm using the phrase "A Mayan Blessing."
- Click the checkmark to commit.



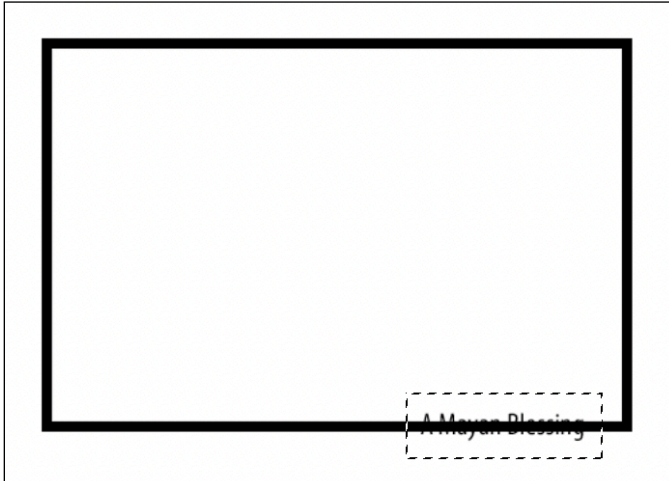
Step Four: Move Type

- In the Layers Panel, the type layer should still be active.
- Get the Move tool.
- In the Tool Options, uncheck Auto Select Layer, but check Show Bounding Box. (PS: Check Show Transform Controls.)
- Press the Arrow keys to nudge the type down to center it on the stroke line.

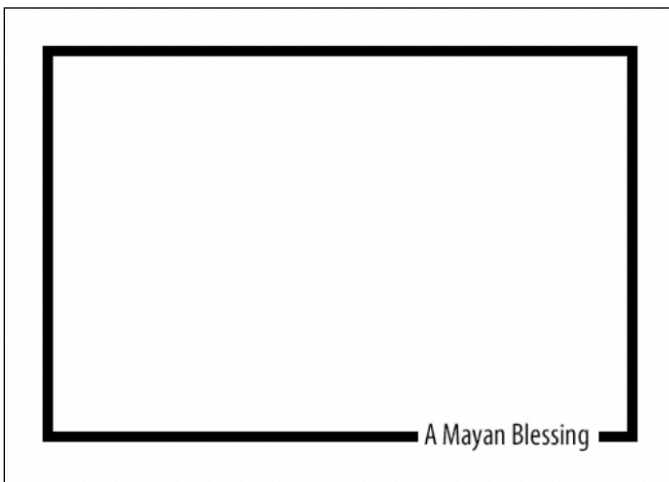


Step Five: Remove a Portion of the Stroke Outline

- Get the Rectangular Marquee tool.
- In the Tool Options, click on the New Selection icon. Set the Feather to 0 and the Aspect to Normal. (PS: Set the Style to Normal.)
- On the document, click and drag out a rectangle centered around the type. To reposition while dragging, press and hold the Space bar.



- In the Layers panel, click on the stroke layer to activate it.
- Press the Backspace key (Mac: Delete key) to remove the selected portion of the stroke outline.
- Press Ctrl D (Mac: Cmd D) to deselect.



Step Six: Merge the Layers

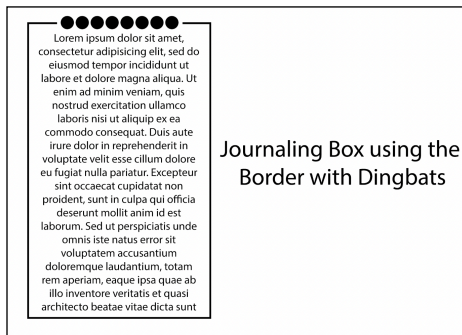
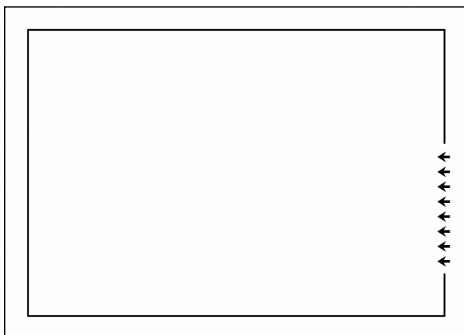
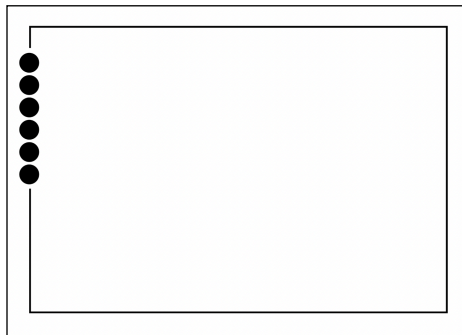
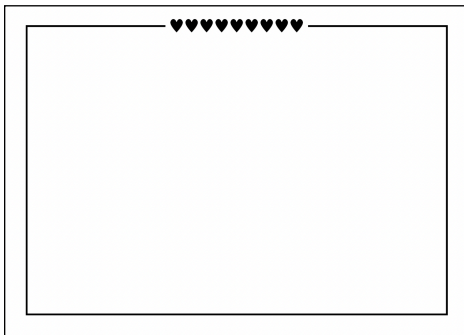
NOTE: Once the layers are merged, the text will no longer be editable.

- In the Layers panel, hold down the Shift key and click on the type layer. Now both the type layer and the stroke layer should be active.
- In the Menu Bar, choose Layer > Merge Layers.

Step Seven: Finish and Save the Document

- Add papers, elements, a title, and some journaling to finish the page as desired.
- Save the document (File > Save As) as a high quality JPEG file with a unique name.

Check out these examples using dingbats from the Suit Icons font for more inspiration. For instructions about how to do this, check out our free [Fundamentals](#) class.



Take a look at my finished page. This was such a spiritual moment, and creating this broken stroke outline with the phrase was the perfect way to draw attention to the story of my page!



Photo & Page: Mayan Blessing by Gina Harper
Tutorial: Broken Stroke Outline with Phrases and Dingbats by Gina Harper
Kit: Choose Kindness by Kristin Cronin-Barrow
Fonts: Caroni, Myriad Pro Condensed