

Writing about your shadows –

The write Terry Tempest Williams says – “I keep a journal to converse with my shadow. Words cast a shadow. Without a shadow there is no depth. Without a shadow there is no substance. If we have no shadow, it means we are invisible....As long as I have a shadow, I am alive.”

Write a list of shadows you have... for example, maybe you are too timid, or maybe you swear too much, or you are chronically dissatisfied, or you hate your body.

Make list that only you will see. Do not lie to yourself. What are the parts inner and outer of yourself that you have a difficult time loving.

Select one.

Write about it in this way; – write one line and then write the next line over top of that. Then repeat. You will have a sort of abstract sculpture of pen or pencil marks when you're done.

If you want, you can, of course, write about it in the usual manner too!