

Doorways

Tape a paper door onto a page in your journal. Decorate it if you like. Tape one edge so it actually opens. Behind the door write about something secret ... Or write about what is behind this door – or a door in your life. Or, write about peeking out, or about what doors you want to open – or close.

Or, make a page with lots of little doors and behind each one write one word about something you hide.

More generally, use this start to write about any door you have stepped through – or would like to step through, or a door that has closed to you, or a door you would like to close. What do you hide behind? What keeps you safe? Write about the image of a door...

