

Write2Heal
Month Six
HOMEWORK QUESTIONS

Write in your journal each week. Try to schedule 20 minutes to write.

At the top of each page, write one question from below.

Put your timer on for 10 minutes....and GO!

Write as through your heart and allow your first response to pour onto the page.

1. **WHAT AM I AFRAID TO SAY OUT LOUD?**

2. HOW DO I FEEL WHEN I DON'T SPEAK MY MIND?

3. **What do I want to scream, but choose not to?**

4. **WHAT WOULD HAPPEN IF I DID?**

Watch the manner in which others speak.

Write a sample dialogue and demonstrate the things left out.

What are they saying between the lines?

What did you really want to say?

How could they use symbols to get their meaning across?

What are powerful symbols to you?

If you want to write every day, but tend to be stuck, begin your sentence with:

THE SKY IS

(When you include the weather in your dialogue or writing, you can give the reader a glimpse to the emotional image you are trying to create. The sky is ashen with dust particles twirling and it takes everything within me not to breathe them in. The sky is... This is called a "writing prompt")

Describe something just as it is.

- Brenda Ueland, If You Want to Write