

Images That Shimmy & Shake ~ Facilitator: Krayna Castelbaum

Shake-Shake: Spontaneous Fun!

Verbin-the-Noun: Nouns can be verbs, too. Those that are reluctant to do are jet fuel for creating and amplifying unusual images.

We mountained morning to the peak of noon.

Barb Morris

You can dumpster a poet and he'll still notebook his rhyming.

Robert Curie

She sugared him with her father's antique hammer.

Krayna Castelbaum

Unusual Word Combos: Make two columns for each: nouns/verbs, verbs/verbs, noun/nouns. *Randomly* pair words from each column. You can also cut words into strips, put in envelopes and pull words randomly to sprinkle over your writing.

Shimmy-Shimmy: Get Inside Images & Let 'Em Speak!

- * Chose a subject/character or a memory from your list (see pg. 2). Make your notes from the questions we used, then write *by hand* in *present tense*. Start your first sentence with *I am...* Set your timer for seven minutes and go!
- * Create a series from the 7 – 10 items on your chosen list. Write one image/scene per day then put your draft away for 3 – 7 days before you review and revise.
- * Revision is an extension of the creative process and a journey of discovery. Adding research into revision can generate surprise, fresh understanding and new directions.
- * Variations: Try 2nd and 3rd person pronouns; shift point of view to other figures, objects, or elements in the scene.
- * Try *ekphrastic writing*. Speak as figures/objects in art, such as photographs, paintings, sculptures, etc. How would *Mona Lisa* or Michelangelo's *David* respond to the questions for seven minute stories we used today? You can also *make up your own interview questions and role reverse with your subject*.
- * On entering trauma or difficult images/stories: Trauma robs us of vitality and zest, hence it's imperative to have a growing repository of *medicine stories* that restore harmony and balance. If you're going to write trauma, *alternate* between those images/memories and images/memories that renew your felt-sense of aliveness, goodness connection and possibility.

Ideas for 7 Minute Stories: *Quickly list 7-10 from your chosen category. Pick one that's compelling, vivid, quirky or troublesome. You have 7 minutes. Pen in hand, make your notes or answer your own interview questions. 1st sentence starts with "I am"...*

First times/Last times

Neighbors/Friends

Lovers/Spouses

Kitchens/Dining Rooms

Kitchen/Dining Room Tables

Restaurants

Vacations

Holidays

Teachers

Injuries/Illnesses

Breakups

Kisses

Jobs

Hotel/Motel Rooms

Cars

Hikes

Playmates

Road Trips

Candy

Foods/Food Groups

Apologies

Accidents

Sexual Turn Ons/Turn-Offs

School Years

Pets

Body Parts

Funerals/Wakes

Etc.

List Specific Moments When You Were:

Angry

Embarrassed

Grieving

Grateful

Joyful

Disappointed

Confused

Revelation

Courageous

Retaliated

Delighted or Awed

Transformed

Surprised/Astonished

Terrified

Etc.

List Specific Times When You:

Broke the Rules

Took a Risk

Took a Stand

Made a Fool of Yourself

Came Through for Someone

(or Someone Came Through for You)

Were Rescued

Laughed So Hard You Cried

Etc.

Take A Walk On The Wild Side:

Fairy tales, cartoons, myth, literature, TV shows, sacred texts, celebrities, unsung heroes

People from news stories, history; Family members you know and those you never met

Poets, artists and musicians, living or dead; People/objects from dreams, etc.

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