



# Writing into the GAP with Poetry

By Tolu Agbelusi

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*'When we speak we are afraid our words will not be heard or welcomed. But when we are silent, we are still afraid. So it is better to speak.'*

- Audre Lorde



## TECHNIQUE

**Guided free writing. For each exercise:**

1. Read first prompt and write it down as first sentence (underlined).
2. Set timer.
3. Continue sentence by writing continuously till timer stops.
4. Try not to read over or edit.
5. At buzzer, repeat process with next prompt.

**Materials:**



## EXERCISES

### 1 'What happens to the woman when the baby comes?'

- There's another human sharing my body reflect on the discovery, physicality of experience, changes in your body, what you like/dislike, etc **3 mins**
- I've wondered about losing myself ... **3 mins**  
(why, how, describe any images that come to mind)
- This is how all the parts of me thrive... **4 mins**  
(think affirmations, in an ideal world what will you do just for yourself without regard to practicalities)



### 2 'The Changes'

- I used to love ... **5 mins**
- Now I ... **5 mins**
- Continue train of thought. Last sentence should end on 'I am not done with all my changes' **5 mins**

**Edit one piece for 5 mins.**

### Sharing

If in a group come together and share one/part of your freewriting. Or share online using: #maternaljournal



**30-40 Mins**



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