

# Fierce Voice writing prompts

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in the age of CV19

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I send these out about every other week, and thought it might be helpful for folks to have them on hand while we're all separated and the world is doing its thing around and through and without us.

Most of these are sets of questions around a particular theme. Answer the questions in full sentences or phrases, writing whatever comes to mind. Literal, metaphorical, true, false, logical, illogical... And dive into each answer by asking and answering the question "why" at least three times.

In answering these questions, liberate yourself from or bind yourself to known facts at will. Make things up, be absurd, and/or admit that you don't know and use that as your point of inquiry. As always, pick and choose and see where the practice takes you!

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# safety

*Think of a time you felt safe. Can be as small as a moment, quickly passing. Close your eyes and feel into that moment. Picture it, remember yourself in it.*

What is beneath you?

What can you hear?

Is the safety an embrace, a release, a lifting up, or a light?

What is above you?

What are your hands doing and feeling?

Is the safety a story, a song, a bell, or a vehicle?

What envelops you?

What are your feet feeling and doing?

What fears arise in your dreams?

How does your belly feel in that moment of safety?

Who else is with you in that moment of safety?

How do you know that you're dreaming?

Where do you go when you're afraid?

Who has protected you?

Who do you protect?

# instructions

Write a sentence or paragraph about something you used to love to do

Describe the last delicious thing you ate, using all five senses

Write a sentence or paragraph starting with a line from a song

Describe an object near you right now, using all five senses

Write a sentence or paragraph starting with an image from a dream

Write a sentence or paragraph in which you serve the last delicious thing you ate to someone you despise

Write a sentence or paragraph in which you give away something you love

Write a sentence or paragraph in which the object you described becomes animate and does something unexpected

Write a sentence or paragraph describing the dream you'd like to have tonight

Describe your bed, using all five senses

Describe the bed of your dreams, using all five senses

Write a sentence or paragraph about what you'd be doing right now if you could do anything

# wildness

*Think of a time when you were wild – whatever that means to you.*

Where did the wildness begin in your body?

Was your wildness a chasm, a tornado, a bonfire, or a secret?

Who witnessed your wildness?

What did your wildness create?

Who is the wildest person you know?

What makes that person wild?

What does their wildness create?

Where do you keep your wild now?

What do you feed your wild?

What does your wild feed you?

# tame

*Think of a time when you were tame -- whatever that means to you.*

What did your tameness get you?

What did your tameness do to your body?

Was your tameness a chasm, a tornado, a bonfire, or a secret?

Who witnessed your tameness?

What did your tameness create?

Who is the tamest person you know?

What makes that person tame?

Is their tameness a chasm, a tornado, a bonfire, or a secret?

What does their tameness create?

Where do you keep your tame now?

What do you feed your tame?

What does your tame feed you?

# haunting

What haunts you?

What do you love most to hold in your hand?

What have you burned?

What page are you on?

Whom or what do you haunt?

What tethers you to the earth?

What have you put down?

Where are you?

What are you holding?

What is behind you?

What is in front of you?

What will you leave behind?

## **a safe place**

*Think of a place that makes you feel safe.*

Who else knows about this place?

How do you get to this place?

What is your favorite thing to do in this place?

How did you find this place?

Who does not know about this place?

What is this place made of?

What are you made of in this place?

What is underneath this place?

How are you different in this place?

What does this place cost you?

What does this place smell like?

What is above this place?

When was the last time you visited?

What did you bring to this place?

What did you leave there when you left?

What will you bring when you go back?



# fight

*Consider a time you fought for something.*

Did you fight with fire, water, smoke, or ice?

Where did the fight take place?

Who was on your side?

What do you remember most about the fight?

When in your life have you lost?

What did you hope would happen if you won this fight?

What was your primary weapon in this fight?

When in your life have you won?

Where in your body did the will to fight live?

What did it cost you to engage in this fight?

Who did you become when the fight ended?

What do you know you would fight for right now?

# inheritance

*Consider something you've inherited (tangible or intangible).*

Is what you inherited made of wood, steel, smoke, or salt?

Who created what you inherited?

Where do keep what you've inherited?

How heavy is what you've inherited?

Who left this inheritance to you?

Who else inherited this?

Is what you inherited made of stone, leather, ice, or steam?

Who envies your inheritance?

What are you doing with your inheritance?

Is what you inherited made of glass, plastic, paper, or sound?

When did you receive your inheritance?

What is your favorite thing about this inheritance?

To whom will you leave this inheritance?

# surrender

*Consider a time you surrendered.*

Was your surrender a collapse, a sale, a gift, or an explosion?

To whom or to what did you surrender?

What did you receive in return for the surrender?

What did you leave behind?

What did your surrender sound like?

What is the last thing you were given?

Was your surrender a gong, a doorbell, a birdsong, or an alarm clock?

What did you surrender?

Where did you feel the surrender in your body?

What color was the flag under which you surrendered?

Who taught you to surrender?

What have you taught yourself?

What do you most want to learn?

# pride

*Consider a time you were proud of yourself, in ways large or small.*

Where did the pride arise from in your body?

Whose voice did the pride use?

Was that pride a blanket, a stirring, a lift, or a sunrise?

Of what are you ashamed?

Is that shame a flame, a pinprick, an anvil, or a planet?

Whose voice does that shame use?

Who is proud of you?

Is their pride a tree branch, a flashlight, a hymn, or an ocean?

Of whom are you proud?

Do you sing, shine, paint or pantomime that pride?

Whose voice do you hold at the center of your body?

Whose voice do you most want to hear?

Whose voice is with you right now?

# impulse

*Consider a time you acted on impulse.*

What was under your feet in that moment?

Where did that impulse begin in your body?

Was the impulse a tingle, a ringing, or a spark?

What was above you in that moment?

Who else was there?

What part of your body enacted the impulse?

Who is the most impulsive person you know?

Is their impulsiveness a bonfire, a boot, a light switch, or a helicopter?

Was your impulse a flashlight, an electrical outlet, a fork, or a forklift?

When have you restrained yourself?

Was the restraint a collar, a muzzle, a blanket, or a curtain?

What happened after your moment of impulse?

# gift

Consider a gift you have been given (tangible or intangible.)

How much did the gift weigh?

Was the gift a beacon, a barter, a burden, or a bird?

Who gave you this gift?

What did you do with the gift?

What have you given away?

When was the last time you used this gift?

What did the giver expect in return?

What is the best gift you've ever given?

Was the gift you gave a signal, a promise, a curtain, or a sacrifice?

What do you want right now?

Where do you feel that wanting in your body?

Who could give you what you want?

Is what you want a prize, a portrait, a portal, or a vehicle?

What have you been given?

What do you deserve?

# allowance

*Consider a time something good happened because you allowed it to happen, rather than making it happen.*

Where were you when the good thing happened?

From where did that good thing originate?

What is the last thing you made with your hands?

Was that good thing a dawning, a leafing, a release, or an arrival?

Who else was involved with or witness to the good thing?

Was the allowing a hibernation, an ungrasping, a watching, or a permission?

What is the last thing you wanted to do but didn't?

What changed for you after the good thing happened?

Was the good thing sustenance, freedom, structure, or reward?

Was the allowing a risk, a dare, a promise, or a ritual?

What happened next?

# surprise

*Consider a time when you did something that surprised you.*

Who witnessed this action?

Where did it happen?

What kind of animal were you in that moment?

Where does the memory of that moment live in your body?

What would you have been expected to do instead?

What did the surprise taste like?

What color was the moment?

What happened next?

When was the last time you were surprised?

Where were you then?

Where are you right now?



# change

*Consider a time you changed something about yourself intentionally.*

Was the change an opening, closing, explosion, or whisper?

Who was in favor of this change?

Was the change bloody, feathered, constructed, or danced?

Who was not in favor of this change?

Was the change fragrant, metallic, plastic, or hinged?

Where did the idea for the change begin in your body?

Was the change velvet, sandpaper, pearl, or dust?

When else have you changed?

What else will you change?

What will be different?

What will never change?

How do you know it won't?

## contradiction

*Think of someone you hate-envy or hate-admire.*

Where does this person sleep?

What is their favorite breakfast food?

What is on the ceiling of their bedroom?

What do they want you to know about their breakfast?

What do they dream about?

What do they eat when no one is looking?

What do they do when they can't sleep?

What do they want for their birthday?

Where do you sleep?

What is their favorite musical instrument?

What is on the ceiling of your bedroom?

What do they want you to think their favorite musical instrument is?

What do you dream about?

Where do they keep their shame?

What do you do when you can't sleep?

What do they sing in the shower?

What was their childhood nickname?

What do you sing in the shower?

What was your childhood nickname?

What is your favorite musical instrument?

What do they hope is true?

What do they think about their hands?

Where do they keep that hope?

What do they wish were true?

What do you hope is true?

How do they think the world will end?

Where do you keep that hope?

How do you think the world will end?

# invisible

*Consider a time you felt invisible.*

Was the invisibility a superpower, a burden, a choice, or a punishment?

Who couldn't see you?

To what are you blind?

What made you visible again?

Was the invisibility a fog, a withering, a blinding, or camouflage?

What can you see that others can't?

Who can see you?

What have you hidden?

What have you revealed?

Was the invisibility electric, liquid, sonic, or terrestrial?

What is the best thing about invisibility?

What is the best thing about being seen?

What is the best thing about your life right now?

# masks

*Consider a time you wore a literal or metaphorical mask.*

Of what was the mask made?

What part of you did the mask hide?

Was the mask stone, rubber, mist, or leather?

Who gave you the mask?

What was your favorite part about the mask?

Who did not want you to wear the mask?

What part of you showed through the mask?

Did the mask make you invisible or more visible?

Who wanted you to wear this mask?

Where is the mask now?

Who was the last person to see your true face?

# luck

*Consider a time you were lucky.*

What would have happened if you were not lucky?

Was your luck gold, windy, stone, or light?

Who else do you know who has been lucky in this way?

What object do you associate with this luck?

What did you do to deserve this luck?

Where do you keep your luck?

Was your luck a whisper, a cowbell, a thunderclap, or a click?

When else have you been lucky?

When have you been out of luck?

If you could give your luck away, would you?

What would happen then?

# guardian

Who watches over you?

What do you know?

What kind of food does their hair resemble?

What kind of building are you in?

When do they pay the most attention?

What is happening outside?

Where do they sleep?

When did those who watch over you begin to do so?

What do they dream about?

When are you most visible to them?

What do they wish for you?

When are you most invisible to them?

What kind of movement do you associate with them?

What do they call you?

When have been ignored?

What do you call them?

When do you wish you'd been invisible?

What gesture calls them close?

What does it feel like maybe you can't bear?

Over whom do you watch?

What do those who watch over you think about that?

How do they call your name?

# escape

*Consider a time you escaped.*

From what or whom did you escape?

Where do you keep the memory of this escape?

Was the escape a flight, a mystery, a smokescreen, or a burrowing?

How did you know it was possible to escape?

Was the escape colorful, invisible, linguistic or temporal?

What happened after the escape?

Where are you now?

Who knows the story of your escape?

Was the escape historic, mythical, secretive, or announced?

Who wanted you to escape?

How did the escape change you?

If you could go back in time, what would you tell yourself then?

# learning

What were you easily able to learn to do?

How did you learn to do this thing?

What is the last thing you taught someone to do?

What took you a long time to learn?

How did you learn that?

What were you once able to do that you now cannot do?

What is the last thing you memorized?

What color was your childhood?

What have you forgotten?

What are you determined never to forget?

Where do you hold memory in your body?

How do you manage not to forget?

What is the best thing about forgetting?

What is the best thing you've ever learned to do?

How did you learn to do it?

How could you unlearn it?

What would you trade this ability for?

Who would you be without it?



# fire

When have you caught fire?

What grew from the ash?

What color was the smoke?

What fuels you?

Where do you obtain this fuel?

What does this fuel cost you?

What is your favorite kind of fire?

How do you stay warm?

Who taught you to build a fire?

Who knows you by your fire?

What has threatened to extinguish you?

How did you prevail?

What kept you burning?

What keeps you burning still?

# rebellion

Consider a time when you rebelled.

What did your rebellion taste like?

Where in your body did the rebellion begin?

Was the rebellion vinyl, wood, velvet, or glass?

What changed after your rebellion?

Who witnessed your rebellion?

When have you surrendered?

What did the surrender taste like?

Where in your body do you hold the memory of that surrender?

Who witnessed that surrender?

What changed after that surrender?

What color was your rebellion?

Where in your body do you hold the memory of that rebellion?

Was the rebellion leafy, stony, fiery, or bookish?

What does rebellion think of surrender?

What does surrender think of rebellion?

What will happen next?

# memory

Think of something you forgot, and then remembered. Could be where you put your keys, or a childhood memory, whatever comes to mind.

Where did that forgetting live?

Was the forgetting plastic, fog, brick, or liquid?

What or who kept the memory for you until it arrived?

Was the forgetting a promise, a tightrope, an accident, or a favor?

What did the remembering taste like?

Where were you when you remembered?

Was the remembering a key, a lightning bolt, a book, or a whisper?

What else have you forgotten?

Was that forgetting a blanket, a snowstorm, a movie, or a branch breaking?

Who taught you to forget?

Who taught you to remember?

What do you remember about this morning?

What do you remember about last week?

What do you remember about tomorrow?

What would you like to forget?

# comfort

*Consider a time you were comforted.*

Where did you carry the suffering that needed to be relieved?

Was the suffering sharp, suffocating, blinding, or loud?

If your suffering was a tree, what was the root?

Who or what comforted you?

What color was the comfort?

Was the comfort medicinal, tactile, sonic, or magic?

When was the last time you offered comfort?

What was the last suffering you witnessed?

Where do you carry your ability to comfort?

What allows you to carry on?