# Fierce Voice writing prompts

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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 be 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!

safety	3
instructions	4
wildness	5
tame	6
haunting	7
a safe place	8
fight	9
inheritance	10
surrender	11
pride	12
impulse	13
gift	14
allowance	
surprise	
change	17
contradiction	
invisible	
masks	20
luck	21
guardian	22
escape	23
learning	24
fire	25
rebellion	26
memory	27
comfort	98

### safety

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?

Think of a time you felt safe. Can be as small as a moment, quickly passing. Close your eyes and feel into

### 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?

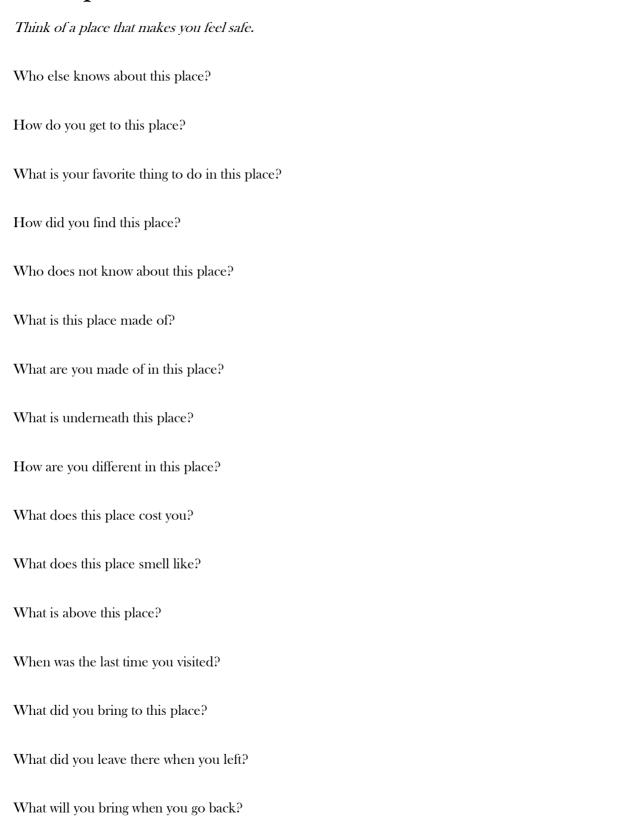
### tame

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



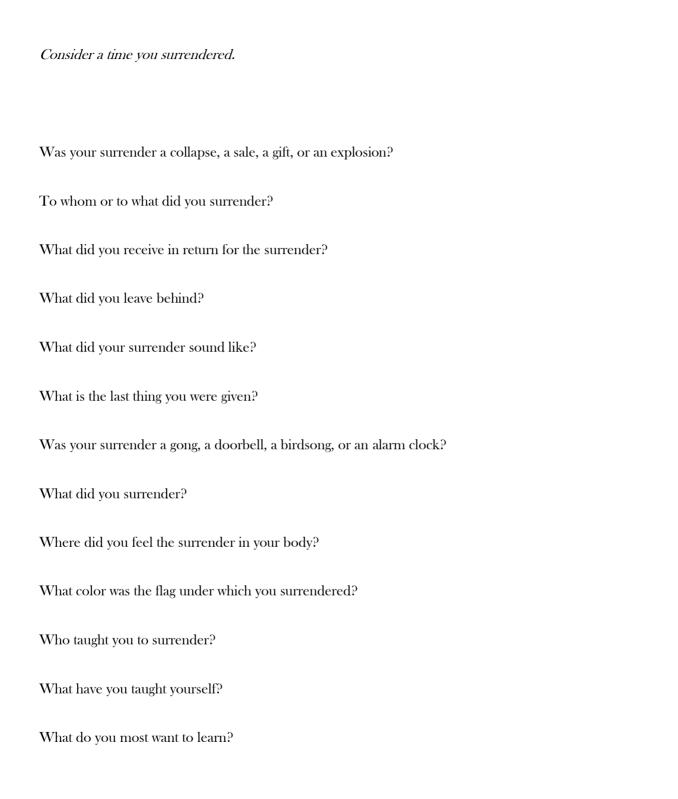
# fight

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



# 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



### 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?

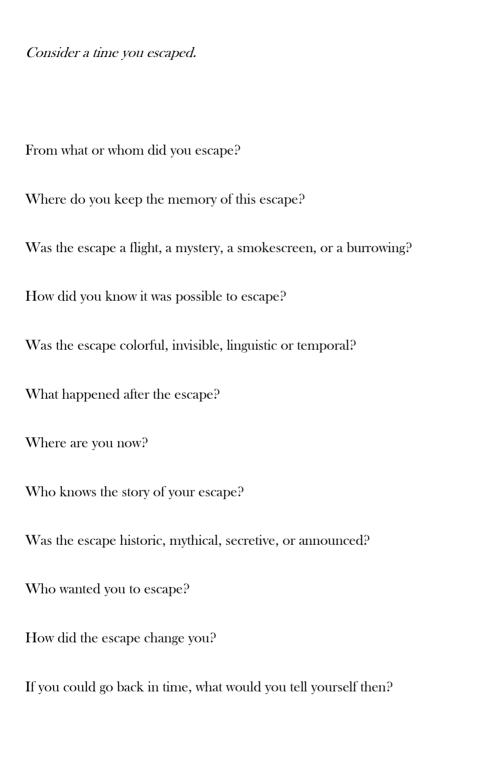
# luck

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 What do they call you? them? What do you call them? When have been ignored? What gesture calls them close? When do you wish you'd been invisible? Over whom do you watch? What does it feel like maybe you can't bear? How do they call your name? What do those who watch over you think about that?

### escape



### 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?

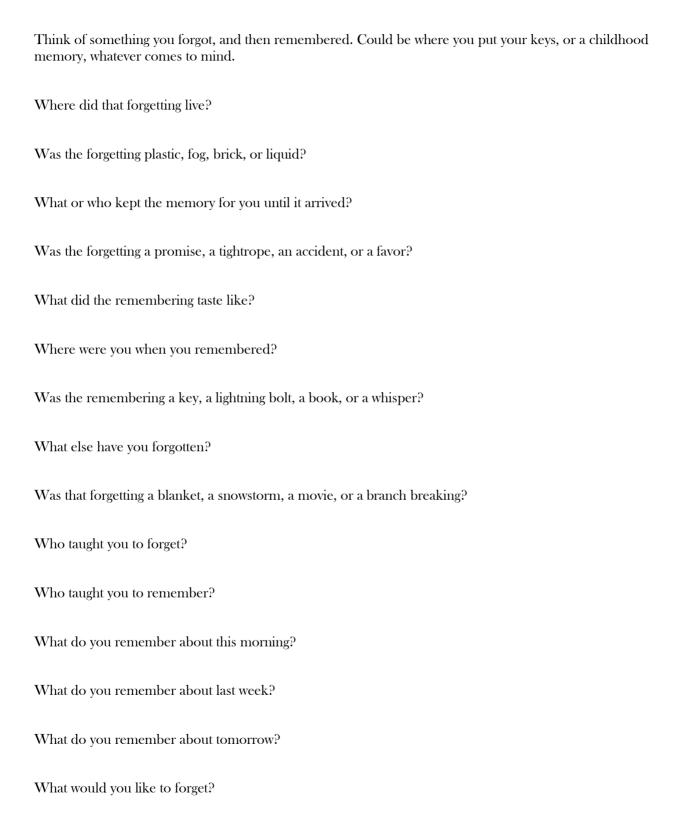
# fire

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

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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, firy, or bookish?
What does rebellion think of surrender?
What does surrender think of rebellion?
What will happen next?

#### memory



## 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?