



ALPHAPOEMS

*Adapted from The Way of the Journal, Pg. 30,
Journal to the Self workbook, pg. 63
both by Kathleen Adams, Therapeutic Writing Institute (twainstitute.net)*

DEFINITION/DESCRIPTION/BENEFIT/WHEN TO USE:

- * A quick and simple way to write about something that is on your mind.
- * A poem that uses a simple structure of the next line beginning with the next letter of the alphabet or phrase that has been chosen.
- * Good with internal chaos or internal disorganization.

PROCESS:

- * Needing to come up with a word that starts with that next letter, which might not be the word that we would naturally "think" of, creates the pathway and the flow (or helps to). So that's really the point -- NOT knowing what word will appear. "There are hundreds, thousands, of words available to you that start with each letter -- just lasso one and make it work."
- * Pick a subject & write letters of the subject/word/phrase down the left side of the paper:
 - ...a feeling (anger, shame, grief, regret, joy, pain)
 - ...a mood (grouchy, depressed, happy, excited, chaotic)
 - ...a sub-personality (the Critic, the Overachiever, the Wise One)
 - ...a task (things to do today, a project)
 - ...a person in your life (friend, partner, child, parent, therapist, roommate)
 - ...a therapeutic issue (an addiction, a relationship, a healing)
 - ...a check-in (what's going on) (this is a sure-fire way to find out)
 - ...an event
 - ...a dream
 - ...a problem
 - ...a communication
- * Write a poem about your subject in which each successive line begin with the next letter of the alphabet (it is perfectly acceptable to use Xceptions for Xtra hard letters).
- * Work quickly to maximize creativity and unexpected results. If you tend to be a "thinker" and worry too much about what comes next, try "feeling" your way through this.
- * An alternative way to do it: Instead of using the entire alphabet, write a key word (an emotion, a name, a therapeutic issue) vertically down your page and structure your AlphaPoem around it.
- * If it seems indicated, do a reflective write to thread together any insights that might have emerged during the writing of the poem itself.



Sample of full alphabet

Anticipate a
Blossoming of
Creative
Delight!
Effortless, really, once you
Find the rhythm and the pace.
Gather up the thoughts you hold secret in your
Heart.
Imagine them
Just drifting out, a
Kaleidoscope of
Letters
Making words.
No "rules" to follow (except the
Obvious one.) Perhaps you'll find a
Poet inside?
Quite likely!
Re-read your AlphaPoems; you'll find them
Startlingly
True – an
Unusual way to give
Voice to the
Wails, wonderings, whimpers, whys, wins.
Xhilarating feeling to find
You've reached the
Zenith of the poem!



Samples of word and then building AlphaPoem around it

Just two
Ordinary people – but with
You, I feel alive

Stop
The
Intense
Life-pace
Long enough to
Negate
Ellipsing
Strife and
Stress

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