

## 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 2<sup>nd</sup> and 3<sup>rd</sup> 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. 1<sup>st</sup> 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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