

**Writing exercise for thinking about memory and emotions . . .**

**Please choose one of these words (or your own word) for filling in the first blank below:**

memory

loss

anger

sorrow

gratitude

joy

If \_\_\_\_\_ was a \_\_\_\_\_ it would be \_\_\_\_\_  
because \_\_\_\_\_

**Please choose one of these phrases or words (or your own phrase or word) for filling in the second blank below:**

sea creature

time of day

landscape or sky scape

kind of math

kind of water

weather

## Continuing a writing exercise for thinking about memory and emotions . . .

I always do an exercise myself before giving it to students. By completing the example sentence, I generated material for short poems on memory and emotions below:

If love was a landscape, it would be a canyon in which ancient writing describes the delicate journey of life because delicacy surrounded by stone describes life.

If memory was a kind of math, it would be a kind I don't understand yet because of what I have forgotten and what I have yet to know.

If sorrow was a time of day, it would be 12:05 pm, because that means morning has passed and the elimination of afternoon has begun.

If gratitude was a sea creature, it would be a small turtle, because of how long it can take to arrive, and it can be difficult to see as well.

If anger was a kind of weather, it would be that knife edged calm before a tornado, because that calm contains light and dark energies that suddenly battle.

in the landscape of love  
memory is math —  
sorrow I have not  
forgotten, plus gratitude  
I have yet to know

my anger is like  
the knife-edged air  
before a tornado  
calm and chaos  
in mortal combat

what is sorrow's time  
but each minute?  
how long  
does sorrow remain?  
please, tell me