

Writing Prompt | *Necessary Destruction & Shape Shifting Desires*

From forthcoming book, *Let It Die Hungry*, which you can [pre-order here](#) from The Operating System. Send the poem you write to Caitis at caits@caitsmeissner.com!

Gathering Ingredients / Necessary Destruction:

Identify 1-2 bad habits, emotions or attachments you'd like to be free of.

- 1.
- 2.

Image bank: Write as many visual transformations you can think of. Here are two obvious ones to get you started:

Caterpillar to butterfly.
Bud to blooming flower.

Complete the following statements. Here we bring it all to the surface, and wash it away. Here we create an incantation of necessary destruction and rebirth.

I bury	I destroy
I kill	I rid
I wash away	I drown
I push	I shout
I turn away	I cast out
I release	I welcome
I shine light	I dance
I sing	I honor
I hold	I cherish
I keep	I nurture
I muse	I beckon
I live	I love
I understand	I create
I build	I move
I surface	I believe

Gathering Ingredients / Shape-Shifting Desires:

- **Past:**

I wanted, instead I got _____.

I wanted, instead I got _____.

I wanted, instead I got _____.

- **Future:**

I want to find (peace, joy, love, acceptance, etc.)

I want to find _____.

I want to find _____.

I want to find _____.

- **Places where things hide:** (animals, people, Easter eggs, car keys!)

1. _____

2. _____

3. _____

4. _____

5. _____

I am looking for _____

I looked [in a place] _____

maybe it's hiding _____

I wanted, but got _____

End on an affirmation (*for example: I will keep searching*) _____

Final Prompt:

Revise a story in your life — rewrite the full narrative or just the ending or beginning. What is a story that you want to change? Use the paper to bring this new tale to life.

You might do this by:

- Using your notes to create a poem that destroys the ego and rebuilds a kinder, more open orientation to life/the story.
- Using your notes to create a piece directly using the language provided (the beginnings of sentences) and setting them within a context or story.
- Writing about something that seems impossible — what would never happen? Write yourself into that fantasy, but make it come true.
- Writing about the parts of yourself that need to be “destroyed” for something more beautiful to emerge. Start there.