

WORKSHEET #3

FRAGMENTS OF CHANGE

When explaining *Placing Unheard Voices* to others, I often find myself talking about the significant demands of ever-evolving changes in the lives of people with Parkinson's. We are well-practiced at coping with small and large alterations to daily life, whether associated with medication regimes, physical symptoms, or emotions in response to change. This exercise explores change as something you can respond to rather than something that happens to you.

Exercise 3: Befriending change

Step one: Make rough notes about recent or long-term changes you have experienced— these could be a physical, emotional, relational, or practical changes. Describe what changed? How did you react?

Step two: From your notes, choose 1 to 5 changes you have experienced and write one or two sentences explaining the importance of each one. (e.g., "This change felt...")

Step three: Arrange these sentences in a way that feels right to you (e.g., a way that tells your story of change). Let poetic form take shape without too much effort from you by adding details to the emotions of the changes you describe. Keep your poem loose and don't worry about rhyme or full sentences.

Step four: Edit your poem to minimise description and emphasise emotions.

Step five: Add a final line or stanza that expresses what the change you have written about has taught you.