

POETRY WITHOUT PICTURES

*SOLUTIONS FOR RIGID THINKING
HOW TO POEM*

Choose your format.

Decide if you are watching a video, listening to audio, or performing aloud yourself, and commit to that format for the whole session.



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Control your sensory
environment.

Adjust lighting, volume,
seating, and temperature so
your nervous system feels safe
before you start.



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Pick your regulation tool.

Choose a stim, drink, or fidget
to use during the performance
so your body stays grounded.



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Define your goal.

Your only goal is to notice
how the poem works, not
whether you like it.

