



This writing prompt was developed in conjunction with Lightbox interviews with [Rickey Laurentiis](#) and [Maurice Manning](#). For more information, please see www.lightboxpoetry.com.

Writing Prompt (courtesy of Rickey Laurentiis):

WRITING OBSESSIVELY. Keep a journal for a week where you will list at least ten obsessions. Think about not only physical objects that you own or would like to possess, but things that catch your eye, that you like to look at, that you wished you could own or possess. Think about things you wish you had the ability to make or things that, perhaps, you'd like to become. Think about things that you think about, ponder, worry over, abstract concepts or ideas. Think about things that frighten or terrify or even disturb you (fears or phobias can be obsessions of their own kind). Allow yourself to repeat entries if they truly obsess you. After a week, you should have a sufficient inventory of quick-fixes to the problem of "writer's block." That is, a list of objects, subjects or themes that you can always return to in your writing. To test this, pick any one of your listed obsession and, using language from answers to the following questions, write a poem.

1. How were you first introduced to this obsession?
2. How does this obsession make you feel?
3. What form does this obsession take? What does it look like? Sound like? etc.
4. How does your mother feel about this obsession? Your father? A loved one?
5. Is it right that you have this obsession? Should you feel proud? Ashamed?
6. What in the world would you destroy in order to keep your obsession? *Would* you destroy anything in the world to keep your obsession?
7. How would you describe this obsession and its importance to you to someone who doesn't share your language?