



This writing prompt was developed in conjunction with Lightbox interviews with [C. Dale Young](#) and [Emilia Phillips](#). For more information, please see [www.lightboxpoetry.com](http://www.lightboxpoetry.com).

### **Writing Prompt:**

Write about an aspect of the body that mystifies you. What is it that you want to know about the function, the strangeness, the grotesqueness, the beauty, the inexplicability of the human body? As you write, think about how you want to handle mystery in the poem, how you feel about existing in a space of uncertainty and unknowing. You might incorporate knowledge from medicine, such as terminology or light research, or you might choose instead to focus on your own observations. To further challenge yourself, you should apply the following constraints: Open the poem with a short, imperative statement, like “Admit it.” Also, use the same quote of direct speech at two different moments in the poem.