



Truth Poetry

When I

When I told the truth, clouds let the sun shine through

When I didn't, it rained all day

When I heard the truth, birds were singing my favourite song

When I didn't, noise attacked my ears

When I saw...

When I believed...

When I witnessed...

When I touched...

When I sat with...

When I approached...

When I [keep it going!]...

Approach

This is a simple pattern of contradictions, written in pairs and being positive about there being *truth* and then negative about there not being *truth* – this second suggesting **lies/lying**.

Using a pattern like this gives you a structure to work to. The ‘poetry’ of this approach is in imagining contrasting content and details, remembering that this can be literal, but does not have to be.

sun shine through is a **literal** idea

birds were singing my favourite song is **imaginary**

You can make your ideas more **abstract**, for example

the sun spoke to me

birds flew through my eyes, singing

There are no limits to what you are able to imagine happening as examples of how positive truth existing can be, or how negative when it doesn’t exist.

For example, more imaginary/abstract ideas for the negative could be

it rained to flood the sky

birds could no longer speak

This works well as either an individual, paired or group writing approach.