



HOW TO FIND A POEM

A BRIEF GUIDE TO FOUND POETRY

CONNIE WEYRICH | SENSEMAKING SPACE

Coaching. arts-based. trauma-informed. reflective. meaning-focused.

www.sensemakingspace.com



HELLO!

Thank you for joining me on the treasure hunt of finding poems.

I've created this brief guide to share with you one of my **favourite creative processes**:

Found Poetry

I will show you

- Different **types** of found poems.
- Where to **find your words** and how to **start**.
- Why found poems are such a great **sensemaking tool**.
- And of course: **examples!** Because seeing some poems will get your creative juices flowing.

Have fun!

FOUND POETRY

Three ideas

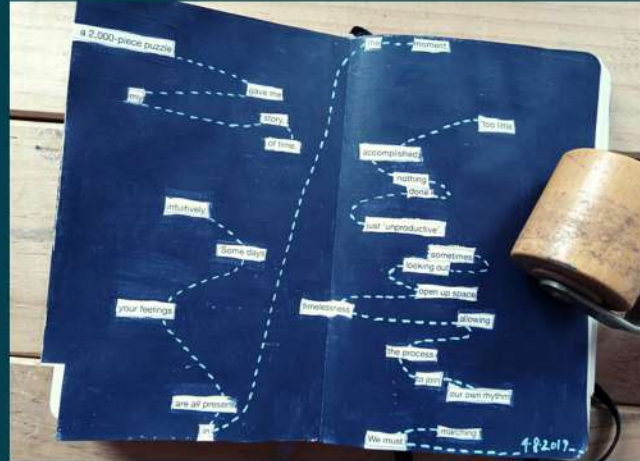


CUT UP

You cut out random words, from a magazine or book page, a letter, email, article... anything you can cut up goes.

You rearrange the words in a poetic fashion, with lots of artistic freedom when it comes to grammar or syntax.

When your poem feels finished, glue it down.

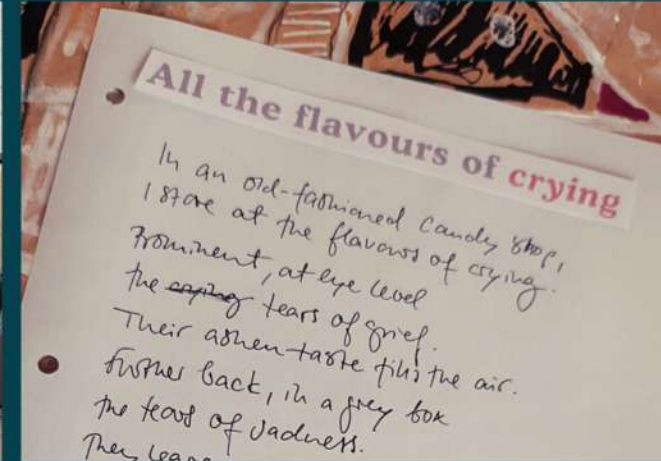


BLACK OUT

Choose a page of writing which you are happy to cover up. Again, a book page, magazine article, email.

With a pencil, draw a box around the words you want to keep, the ones you feel make up your poem.

Use a marker or acrylic paint to cover up all the other words.

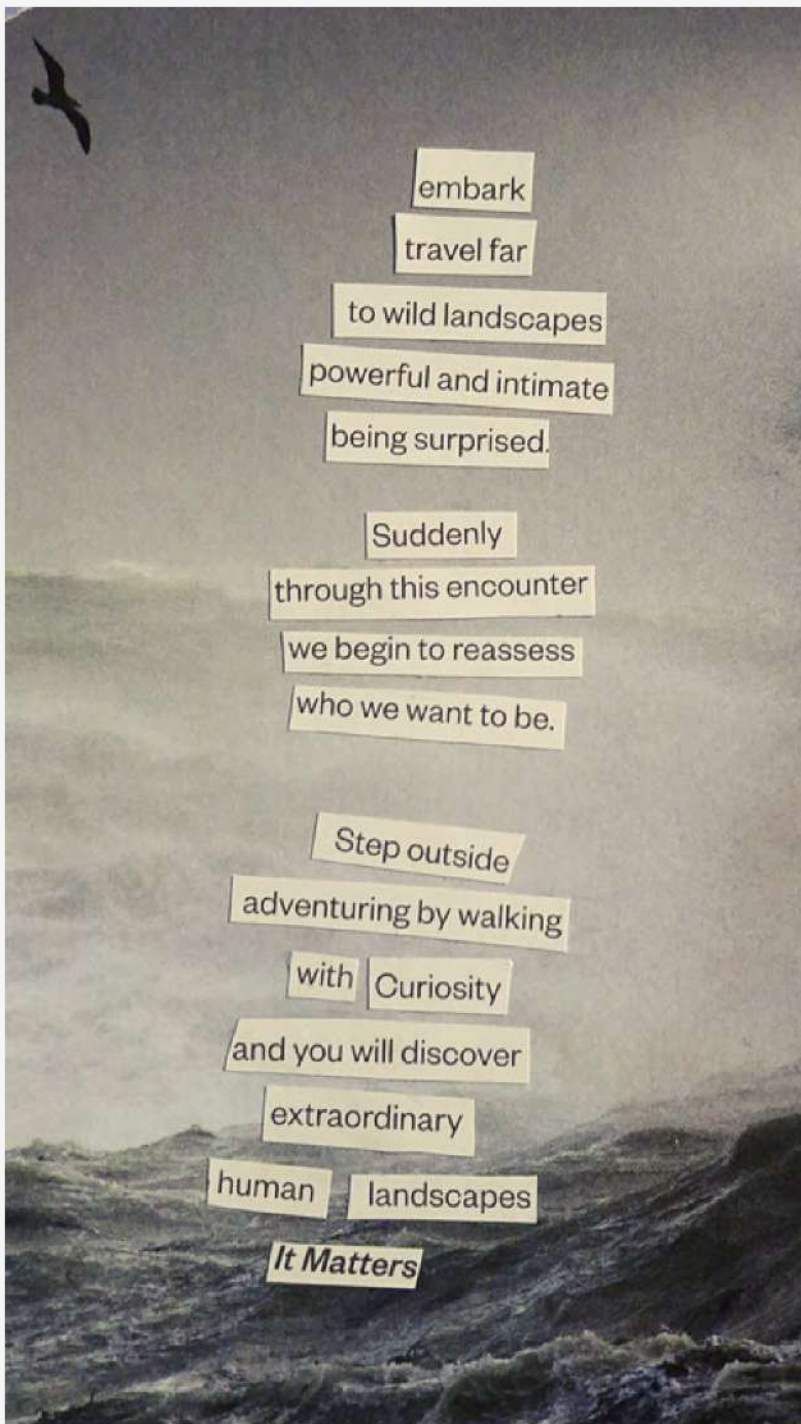


FOUND TITLE

From an existing piece of writing, pick a line that intrigues you and declare it your title.

You could find this line in the news, in another poem, a novel, anything written really.

Use this title as your starting point, and write your own poem, inspired by this line.



CUT UP POEM

Your raw material: anything with words that you can cut up. Consider taking a photo you can print or make a copy if you want to retain the original (e.g. if you work with a novel, a letter...)

Your tools: scissors, glue stick, something to glue it on (your journal, a card, an image from a magazine...)

Your process: select the words intuitively. Don't overthink and don't go hunting for a specific word. Simply choose words that speak to you. Once you have a small pile, start shuffling your words into different combinations, phrases, see what emerges. Don't worry about grammar or syntax; this is freestyle poetry! Not all words you cut out need to be used.

When you feel finished, glue it down.

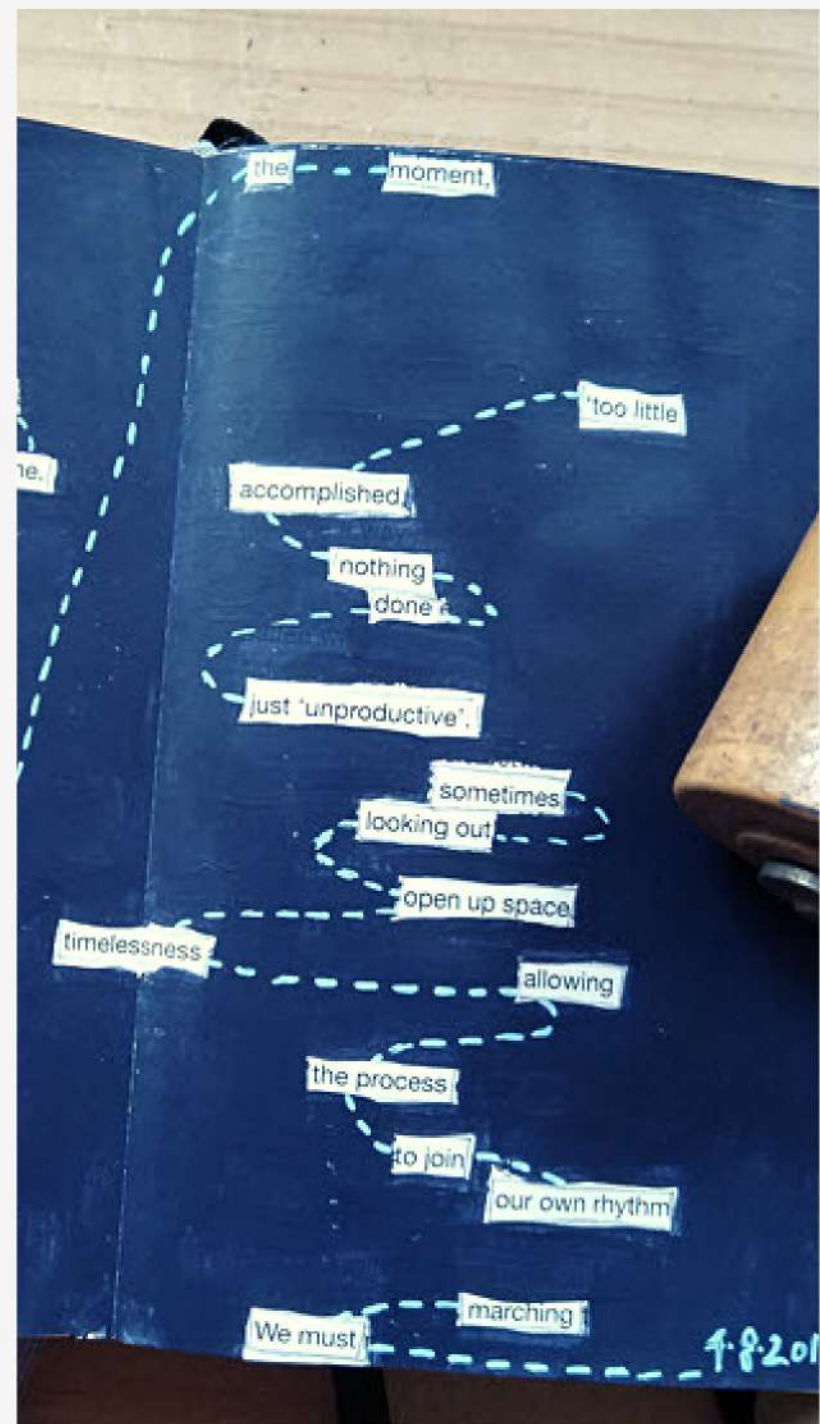
If you have a poem you like, but don't feel finished, take a quick photo with your phone to capture it. And keep shuffling until it's finished.

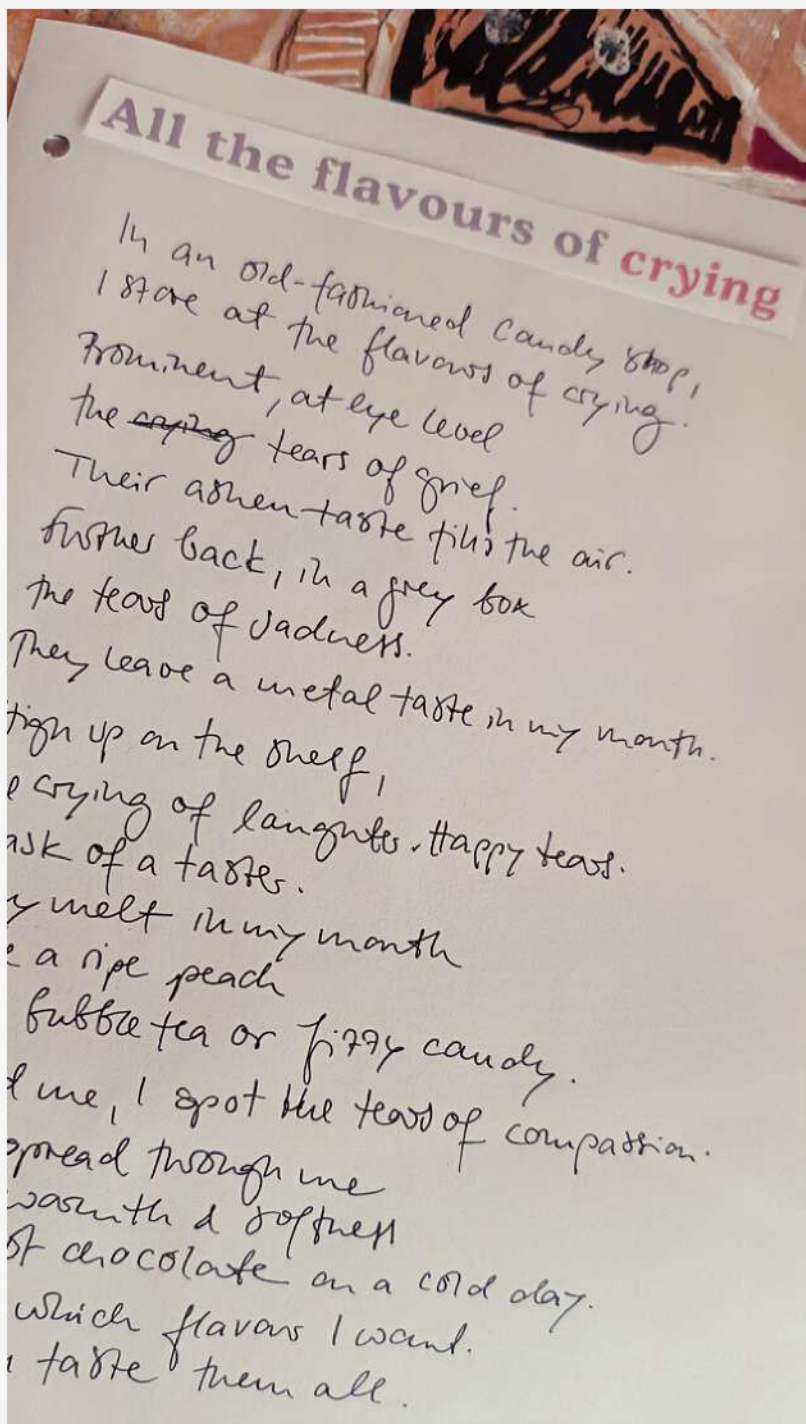
BLACK OUT POEM

Your raw material: A text you can cover up. It needs to be something that offers you enough words, a page in a book, an article, song lyrics, a longer email...

Your tools: pencil, acrylic paint & brush (a darker colour works better) or a marker pen that covers well (Sharpies or paint markers like Posca).

Your process: have your pencil ready. Let your eyes wander over the page and draw a box around words that catch your attention or feel resonant. With this type of found poem, you want to loosely consider how these words flow as you string them together. Does some meaning emerge for you? But don't worry about grammar or syntax. You might look at your page top to bottom, left to right or right to left, bottom to top, whatever feels right for you. When you know which words will make it into your poem, cover the rest of the page with paint.





FOUND TITLE POEM

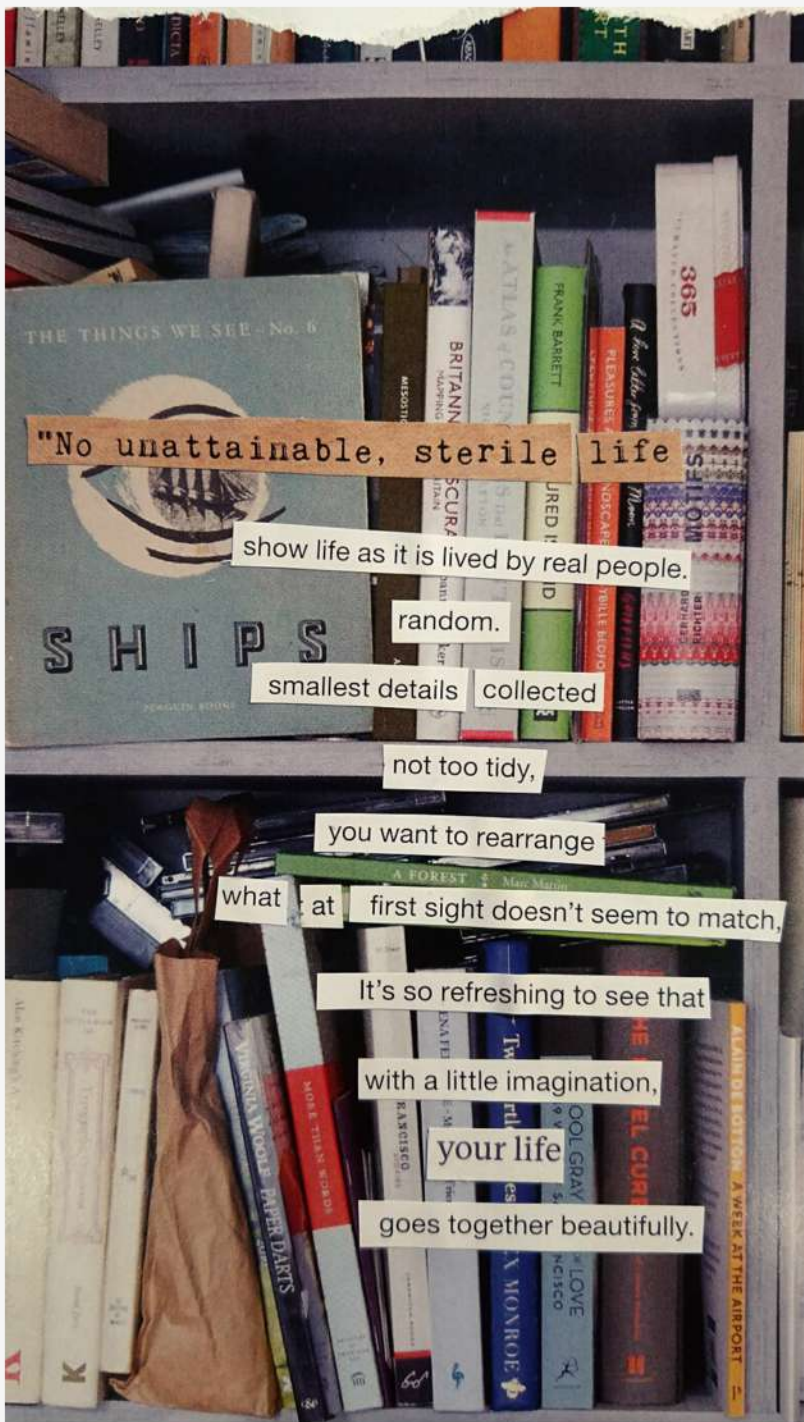
Your raw material: any text that can provide you with a headline: the news, a social media post, song lyrics, a poem, a book, article, packaging, a letter, email, quote...

Your tools: something to write with and a piece of paper or your journal if you're a journaler.

Your process: select a line from your raw material that speaks to you. It might make you curious, express something you're feeling or thinking, or be the exact opposite of what you're feeling or thinking. You might choose a line you like the sound of, or a line from a song, poem or book you love. It might be the subject line of an email...

Write that line down as your title. Then write your own poem unrelated to the original text. Feel free to edit and play with it.

When finished, you may want to give your poem a new title or keep the one you started with.



FINDING THE WORDS

01. Magazines
02. Books - old, new, novels, non-fiction...
03. Letters or emails
04. Other poems
05. Song lyrics
06. Packaging
07. Brochures, catalogues
08. Meeting minutes
09. Articles, research papers, blog posts (print out)
10. Your own journaling

HOW TO START

DON'T OVERTHINK. FOLLOW YOUR CURIOSITY.

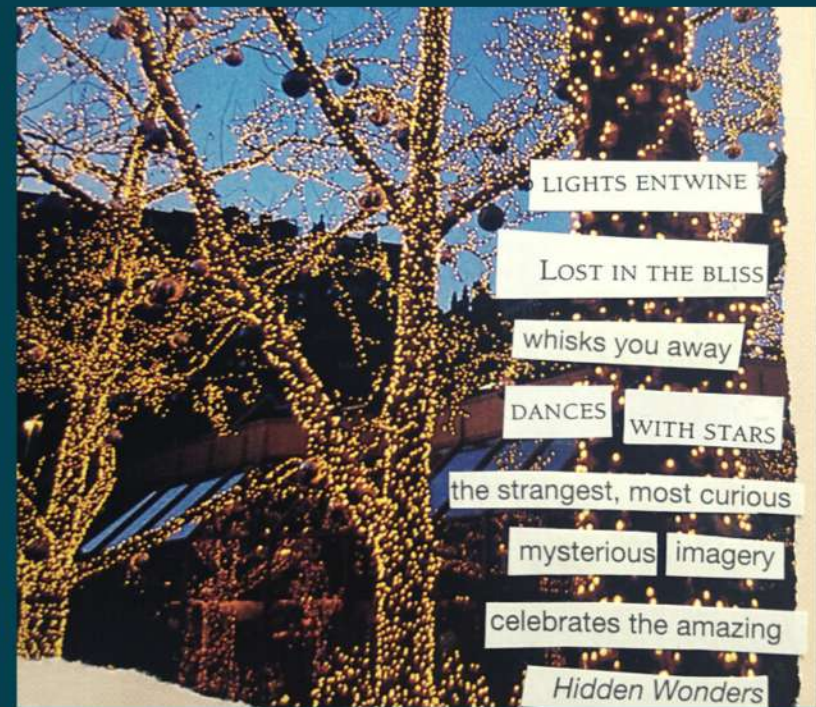
Don't decide upfront what your poem is about.

Don't go hunting for specific words (when making a cut up or black out poem), you will take forever and quite possibly start feeling frustrated.

Don't worry about incomplete or 'incorrect' sentences. Play with language. Be curious about combining words in new ways. Break some rules!

It can be useful to work with less: take your words from only one email, one or two pages of a book or magazine, rather than leafing through all the pages.

Choose words intuitively, based on your curiosity, based on the sound of words, on what resonates.





when we look back

We begin to see the larger shape of things.

the questions I come out with at the end

I think how little we know,

I'm not in control.

the play of my life.

the secret logic that shapes events

To just trust.

Well I love that.

WHEN YOU'RE FINISHED

Capture: document your poem by gluing it down (if cut up), add the date, keep it somewhere safe. I love looking through my found poems and remember what was going on during these times in my life.

Reflect: maybe you want to journal about your poem a bit more. What's coming up? Check in with your body, thoughts, feelings as you read it. It makes a difference when you read it out loud to yourself. Try it!

Over time: sometimes, the sensemaking happens over time. When you've created a series of poems, new meaning can be found in your poems as you look for recurring words, metaphors or themes.



At Sensemaking Space, coaching is creative and goes deep.

ABOUT CONNY

I'm an arts-based and trauma-informed coach. I have created Sensemaking Space as a place for connection, curiosity and creativity.

FOUR QUALITIES ARE WOVEN INTO MY COACHING & WORKSHOPS

Arts-based: using creative processes to inquire into topics that are complex, go deep, feel impenetrable or difficult to engage with.

Trauma-informed: building awareness of survival strategies and personalities that have emerged after traumatic experiences to weave new patterns into the fabric your life.

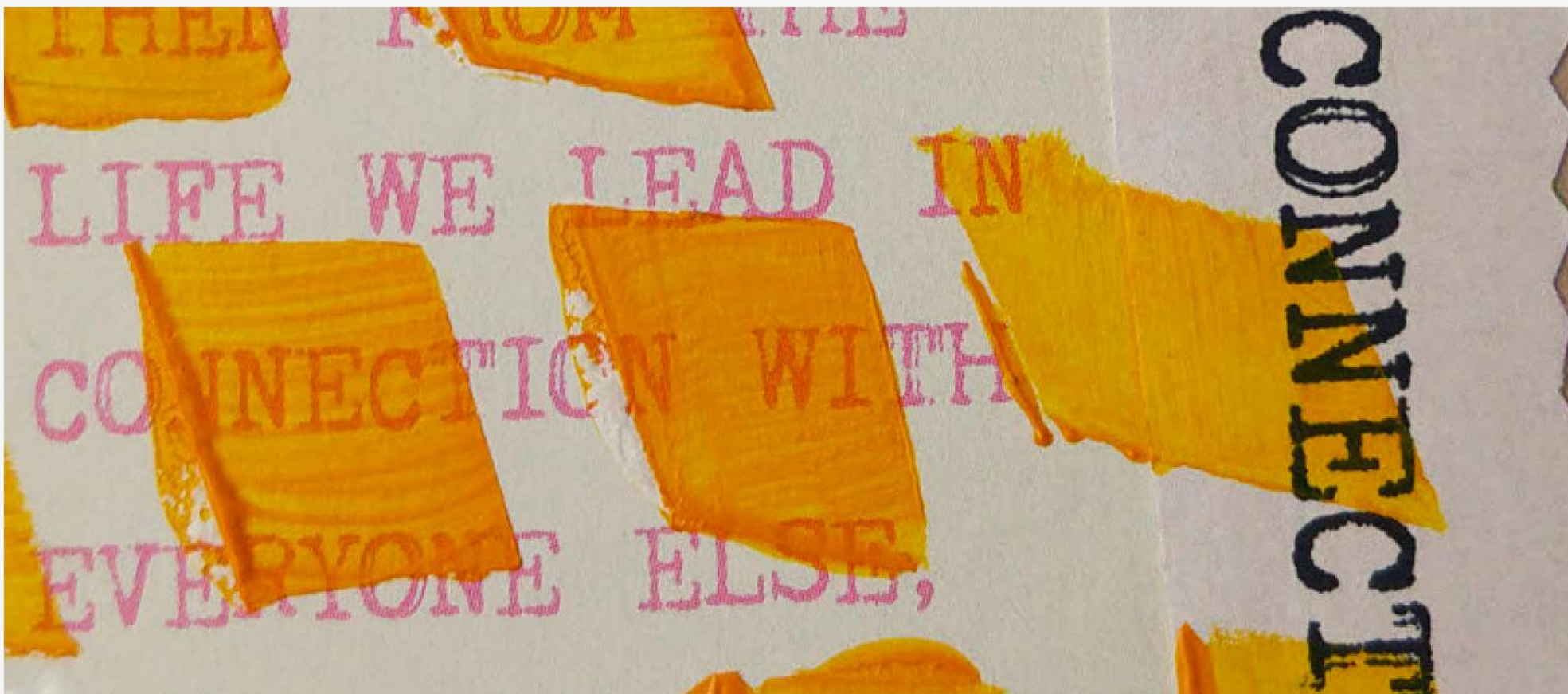
Reflective: cultivating a reflective practice so that your coaching process generates lasting outcomes.

Meaning-focused: working with the the Map of Meaning® so you can map your current landscape of meaning and mark areas for change.



"Poetry is a deal of joy and pain
and wonder, with a dash of the
dictionary."


Khalil Gibran



THANK YOU FOR CONNECTING!

FOR MORE INFO, VISIT: WWW.SENSEMAKINGSPACE.COM

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 [@sensemakingspace](https://www.instagram.com/sensemakingspace)