



And these children that you spit on  
As they try to change their worlds  
Are immune to your consultations  
They're quite aware of what they're goin' through

- David Bowie, from *Changes*

### Going Through Changes

This is another list poem where getting into the rhythm of its repetitions can allow you to express your true and honest feelings.

It isn't necessarily easy, but this is a good poem to write as a 'stream of consciousness' – write down anything and everything you feel about your life to do with 'change' without stopping to think too much about it first:

- what you would like to change as a person
- what has changed for you over time as a person
- how others have changed you as a person
- how/where others have stopped you from changing as a person
- what you do NOT want to change as a person, and so on.

This lends itself to being a serious piece of writing – which is what creative writing is very good at allowing you to be when expressing personal thoughts and feelings.

However, creative writing also allows you to be....creative! If the changes you want or those you have experienced are ridiculously made-up and exaggerated and preposterous and unlikely, then make them 'happen' with your imagination!

**Remember:** you can and should edit your ideas into a final piece when you have loads of ideas to read and consider.