

Solo Stories - Find Your Voice

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Wednesdays, 7:00 pm – 10:00 pm

4/27, 4/2, 4/11

“Writers end up writing about their obsessions. Things that haunt them; things they can’t forget; stories they carry in their bodies waiting to be released.” - Natalie Goldberg

Class Journey

The emphasis in the class is personal storytelling, but exactly what form your piece takes is ultimately up to you. I like to think of solo performance work as existing on a spectrum: from very theater-like monologues and scenes to more memoir-like storytelling, and everything in between - poetry, stand-up, singing, etc. My job is to help you find your own place on this spectrum with the current story that is coming out of you.

Week 1 (2/23) The Creative State - Courting the Muse

- Vulnerability
- Writing Practice
- Give Your Truth to The Page

Homework: At least 3 times, but 5 if you can swing it, free write for 12 minutes on one of the following prompts. Set the timer and write in the style that we wrote during class. Avoid believing your inner critic. It does NOT have to be good, or clever or deep, or funny, etc. Just write. We are warming up the engines, diving into the soup, collecting pieces of the puzzle...

Also...begin to make a list of things you want to write about. To generate this list think of moments of extreme highs and lows in your life. You can also think of obsessions. Things you can't stop circling around.

500-800 word

Prompts - Choose the one that feels most ripe for that day. These are just jumping off points. Let them to take you anywhere.

- *I found myself down on my knees*
- *I felt alive for the first time*
- *I looked over my shoulder to take one more glance*
- *It was finally time, the truth had to come out*
- *I was tired of playing by the rules*

Week 2 (3/2) Writing on Your Feet & Narrative Structure

- Dramatic Tension
- Narrative Structure
- Separating Yourself From the “Character” of Yourself

We will use a prompt to tell an improvised story in real time. We will also investigate narrative structure to help guide our evolving stories.

Homework:

By this time, you should be starting to circle around what story is up for you in this moment. What story is pushing to be told. (If you are still feeling unsure, be sure to utilize my office hours.)

- **Option # 1** Using some semblance of one of the discussed narrative structures (will provide slides,) come prepared to “write on your feet” a messy first draft of a story.
- **Option # 2** Or you can write out your first draft and read out loud to the class instead of “writing on your feet.” Either way is great.

Week 3 Sharing Our Stories

OFFICE HOUR SIGN UP SHEET

If you need assistance outside of class, I am offering 20-minute side coaching

session included with the class. (No Cost) Please click the following link to sign up...

Office hours are held on Thursdays from 4pm-6pm

<https://www.joyful-raven.com/office-hours>

Interested in booking additional time with me to work on your story?

The following are my discounted coaching costs, available to any students currently enrolled in class. If you are interested in booking this additional time with me, shoot me an email and I will send you my calendar with available appointments!

- 30 mins=\$45
- 60 mins=\$75

RECIPE FOR CREATIVE WRITING STATE

Read before you write to help cultivate the right state of mind!

Relax: Stay relaxed. Stay loose. Don't tense up mentally or physically. Breathe.

Listen: Listen to the subtle emotional signals your body is sending you. The best ideas come when you least expect them. Be curious. Breathe.

Be Present: Stay engaged. Be available to the present moment. That is where creativity lives.

Trust: Trust yourself. Trust the process. You won't always know where you are going. That is the point. Creativity is not a linear journey

Be Brave: You must push against the edge of what is comfortable in order to grow. Take risks. Go right to the center of where it hurts. Slow down there...

Be Vulnerable: We spend so much time hiding from each other. We are convinced that our shadow side is worse than everyone else's, but at the core we all share similar fears and foibles. Allow yourself to be seen!

Suspend Judgment: Don't believe your inner critic It will keep yammering on, but don't listen. It just wants you to curl up in a ball and stop creating. It will tell you it has to be perfect to be worthy. That is a big fat lie. There is no such thing as perfect.

Play: Don't take yourself too seriously. It's all an experiment. It is all absurd. Have fun.