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# *Verbal Equinox*

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*Studies on how the right and left sides of the  
brain function have shown that ..people think in  
images not words.. (Barbara Ganim)*

Most writers I talk to are just as frustrated



explain what you're doing over there in the weeds!" This is not always possible for a child (or a natural abstract thinker) to do. So rather than look like an inarticulate idiot every time we have disconnected thoughts, we curb our thoughts and we institutionalize the weed thinkers.

We are too much concerned with making sense; we are too much concerned with even flow; we are too much concerned with a finished product; we are too much concerned with mental institutions.

All of these concerns can really be funneled into one fear, a fear of becoming lost in the weeds without a North Star, and this fear has one thing in common with all other phobias --it is not rational. It is not rational to think that if you cannot explain every thought, feeling, or idea you have, you're going to

**Tool #2: Say It Plainly**

Tool #2 came to me by way of Sundry Watanabe. Sundry is a talented poet who seems to be able to abstract naturally. She simply writes the poem in plain English, not necessarily in an artful way, and without symbolism. Just get the message, or feeling, that you wish to explore onto paper in a clear plain sentence. Now you can abstract. (Watanabe) Now there is a base to push off of. Now you can bend this thought or melt that one and see how far you can distort it without losing the message. Usually, rather than lose the message, the message is artfully strengthened.

**Tool #3: Write About the Essence of the Concrete Object Rather than the Object Directly**

Tool #3 came from a man named Siah Arrnajani. He said this: "Conceptually I like people, but I like to be away from them" (Arrnajani speech). He likes the concept of people or the essence of people, but to be with the actual person is not his preference. I found this to be very interesting and occasionally true myself. I also found a tool for abstraction in his comment. Think about what you