

5-4-2018

How to Write a Poem like Daniel Borzutzky in 10 Steps

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Recommended Citation

Donovan, Kathleen (2018) "How to Write a Poem like Daniel Borzutzky in 10 Steps," *In the Ords: CSUMB Literary Arts Journal*: Vol. 1 : Iss. 2 , Article 24.

Available at: <https://digitalcommons.csumb.edu/ords/vol1/iss2/24>

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How to Write a Poem like Daniel Borzutzky in 10 Steps

1. Take a deep breath and close your eyes — think about the last thin that made you cry. Like really cry. Cant' get a breath in. Choking on tears. Falling down. Someone is guiding you. Can't feel anything but the crushing of your heart (even if you know that physically a heart can't break).

*Watching Brokeback Mountain.
Holding your pet as they pass away.
Letting go of the thing you wanted most .
Are you still holding that breath? Does it burn in your chest?
I didn't say that you could release it.
Fine.*

2. You should be crying.

*If you aren't you're probably a robot.
Definitely a robot.
Someone should come collect you, you're nothing but an empty shell.*

3. Open up a fucking laptop, open a pristine white blank document. Take one final look at how pretty, perfect, and virginal it looks.

*If that made you cry then you must be a psycho.
It's a piece of digital paper.
You're not a painter, Degas
And that's not a canvas.*

4. Find an emo song from your "goth" phase in high school — you know, when you bought the black nail polish even though your mom said "no". Turn it on. Hit repeat. Crank it up.

*Your memory's not that short, you know the song I mean.
"Bad Day" "Complicated" "Sex and Candy" "All the Small Things"*

5. Don't touch the laptop. Let the music and the memories run through you like a sword.

*Don't fight it.
Don't be difficult.*

6. You (think) you've suffered enough, so I guess you can touch the keyboard, but don't think — just feel.

You're thinking. Stop

Stop it.

Still thinking. Quit it.

Empty your fucking head.

7. You're still thinking. Shut that shit down. Let your fingers vomit your feelings.

8. Swallow your shame.

Go get a fucking burger.

9. You should feel raw, like you spilled your guts and the knife's still in there.

Don't be such a baby.

10. Take another breath. Step away. Turn the sounds off.

Now look what you did.