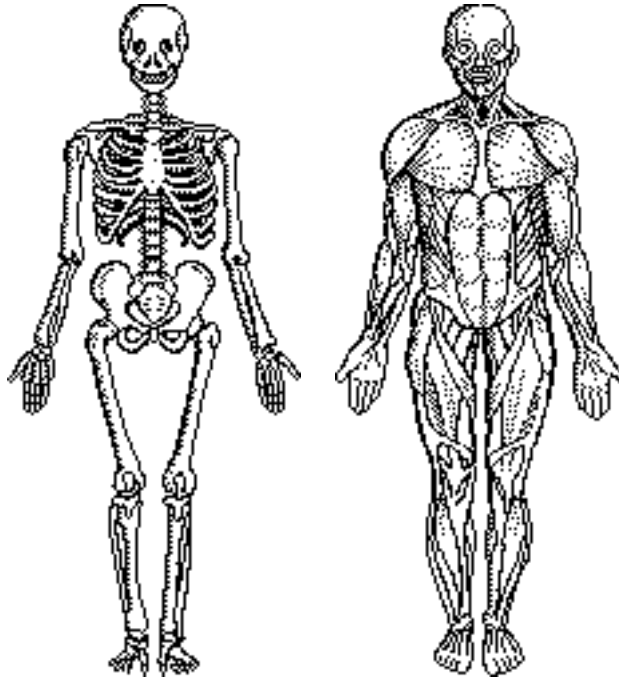


Conversation Between Body Parts



This chapter should illustrate interior dialogue. We all have *conversations* with ourselves in our heads. Mostly we try to decide whether to do something, say something, or deal with some strong emotion. Think of an issue that you most often struggle with when a decision is required--for instance, do you struggle to control your temper, food intake, exercise, sarcasm, or sensitivity to others? Do you try to keep from saying the first thing that comes into your head?

Choose two body parts--such as your tongue and brain, or stomach and hand--and create direct dialogue (personify them) that they might have about a particular topic of concern or interest to you. Whatever you choose to have the body parts discuss should illustrate an aspect of your personality and life that you have not yet examined in any other chapter.