

What Are You Carrying? Letter Assignment

a ring you love? a hall pass? an old love letter? loneliness?
a memory of your grandfather? keys? a debt?
a lucky penny? a picture of your best friend? allergy medicine?
too much responsibility? bitterness? your father's expectations?
a ticket stub? political leanings? fear of commitment?
a passion? a secret? fear of rejection?
what else? what else? what else? what else?

Choose something you are carrying. It may be a concrete, tangible object or something more abstract, intangible, or symbolic. Whatever you choose, let it be something that matters to you and that means something to you. Ask yourself questions:

- Why am I carrying this?
- Did I make the choice or is someone making me carry it?
- Do I wish I could put it down?
- What does it weigh?
- What does it demand of me to carry it?
- Where would I be without it?

Then write a letter to someone (most likely someone connected to your weight) in which you talk about this “thing you carry.” Write a letter that truly makes your reader understand this thing you carry, why you take it with you, and how its weight affects you. The letter may be serious or humorous, but it should be powerful. Your tone will depend to a great extent on what you choose to write about in your letter.