



Creative Prompts

[Survivor Anthology Project](#) by Safe Passage

If you are feeling unsure where to start, we've put together a short list of writing and art prompts that you can use as a jumping-off point. If you'd like to use these writing prompts as art prompts, replace the word "write" with "think" and let that be your guidepost (ex: "think about leaving...").

Open-ended prompts

- Write about leaving.
- Write about staying.
- Take the reader on a tour of your heart. What is on display? What is in the vault?
- Write about standing in a doorway.
- Write about a mask you or your abuser wore.
- Write about a time when nothing was hidden.
- Alternate lines between "I love..." and "I hate..."
- What color represents your pain? What color represents your healing?
- Write a compassionate letter to yourself (to the past or present you). Are you offering advice and wisdom for the future, are you offering forgiveness for the past, what do you need to hear?

Suggested starting lines

- "This is about..."
- "This isn't about..."
- "What happened was..."
- "You taught me to..."
- "I can't forget..."

- “I’m haunted by...”
- “In life there are...”
- “The last time...”
- “When I couldn’t...”
- “Love feels like...”