

Christine de Pizan, *In Her Study*, 14th Century



****First Question First****

What is *your* immediate reaction to this artwork?

Trust it. Write about it. Use the guide sheet for help.

Continue reading for another perspective and journal questions.

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Excerpt from my journal:

. . . buck up. Continue to buck up. Yeah, your Dad is dead, no one mentions it, but buck up. And right next to all this bubbling up of pissiness is: oh just go along and shelve your reality. Holding it lightly, all of it, is always the answer. I just have to get myself around to remembering that. Such an emotionally tricky time right now. Thank Grace I know to write because what a mess it would be to say all of this out loud. Understanding my inner life is mine alone to maneuver through.

Q.) Emotions can bubble up and break in record speed during the grieving process, especially in the early days. What feels internally “messy” these days that might better be written through in solitude rather than spilled onto the laps of loved ones? This may help lead to a softer, more fruitful conversation.