

Creative Multi-Genre Study

Lesley Hardwick

Mr. Coffin

English 621

Jan. 12th 2016

Table of Contents

<i>Dear Reader</i> -----	<i>Page 3</i>
<i>Friendly Letter</i> -----	<i>Page 4</i>
<i>Classified Ad</i> -----	<i>Page 6</i>
<i>Human Interest Story</i> -----	<i>Page 7</i>
<i>Guilt Essay</i> -----	<i>Page 9</i>
<i>Collage</i> -----	<i>Page 11</i>
<i>Confession</i> -----	<i>Page 12</i>
<i>Final Reflections</i> -----	<i>Page 14</i>
<i>Work Cited</i> -----	<i>Page 16</i>

Dear Reader,

Guilt is something that we all feel once in awhile. Though not very enjoyable, I've recently been interested in what its causes are, and how different people react to it. My creative multi-genre study explores the human emotion of guilt, and challenges the mind to think of times that you've felt guilty. This study explores many different examples, real life instances, and information of guilt.

I've chosen to write about this startling emotion because I'm a very emotionally empathetic person by nature, so I've already felt my share (and some extra) guilt throughout my short life. I wanted to explore this theme so that I could learn about different types of guilt and ways to handle it.

This collection features pieces about guilt that are humorous, devastatingly sad, and downright strange. The underlying theme and the repetend of my guilt collection is the phrase "This guilt is eating me alive", as I feel like this too often describes the feeling of guilt.

Please read and enjoy this collection, and I hope you learn more about yourself and your emotion that is guilt.

Fictional Text: Friendly Letter

Mom,

I honestly don't know how to begin writing this to you. It's been so long. I'll just start this letter as I'd start any other one. Hello, how have you been? It's been a long time since we've last corresponded, and I've missed you immensely. How are Cass and Kate doing? I hope Kate hasn't taken the big sister role. No matter how long I'm gone, that role will always belong to me. I really hope you're well, and I wanted to let you know that I'm sorry for the lack of contact through these years. It hasn't been easy to find time to write.

During this last year, I've been traipsing myself all over Europe with a few friends that I met in Mexico. We had the best time slipping tea and taking pictures with the Eiffel Tower, the Leaning Tower of Pisa, Big Ben, and Saint Basil's Cathedral. We had Christmas in London, and the twinkling lights and the cheerful holiday carols captured our senses and created a fantastic lighthearted vibe throughout the streets. How was Christmas at home? Did Grandpa make his famous plum pudding? I'm sorry I missed it, but I did buy you guys all sorts of neat presents, as you can see enclosed in this package. Maybe I'll see you next year for Christmas, but I hear that tickets to Thailand are extremely cheap around that time, so we'll just have to see.

My next trip is to Australia, as I have some friends there that I would love to see and stay with as I explore. After that... Well I'm not sure. I'm going wherever the wind takes me. I'll be back home when the urge comes back. I hope you don't have any hard feelings about me leaving so suddenly and then just not coming back for this year, but I felt trapped in that small farming community. You know I never belonged there, Mom. I promise to write you more often, however. I didn't realize how fast a few months fly by, and when I saw that we had no contact for these four months, I felt awfully bad.

I'm sorry. That's really what I wanted to say in this letter. I don't want to do all the small talk and catching up. I wanted to say that I feel so bad for abandoning you and our family while things were getting rough. I'm sorry for not finding ten minutes of my day to find a payphone and catch up with you. I feel so guilty every time I'm reminded of you. Deserting you was a terrible thing for me to do, and I couldn't cope with it, so I tried to forget about you and the family . It didn't work, and I'm writing this letter because the guilt is eating me alive. I'm so overwhelmed with guilt that I can no longer enjoy the sights and sounds of these different countries, because every new place reminds me that I'm not at my home. I am so sorry. I'm sorry, I'm sorry, I'm sorry! Every time I write it, I expect that this pressure of guilt in my chest will subside, but to no avail. I need your forgiveness or I don't think I will survive. It's hard to fathom how strong this emotion is.

Now look at me, I've split my feelings all over this letter, and I only feel slightly better. Reply back as soon as you get this, I'll be at the same address as posted on the letter. I truly hope to see you soon.

I love you always,

Catherine

Fictional Text: Classified Ad



Classified Ads

FREE BABY CRIB

100% completely free crib. Never used. Must pick it up yourself. First come first serve. Need this out of the house.

My husband bought this crib new from IKEA. Unwrapped and built. Bought before I told him I miscarried. I thought I could live with it into my home while we try for another child, but the guilt of not being able to house our baby properly is eating me alive. Please take this crib.

Reach me at (902) 111-1111 for details. Call soon or it will be thrown out.

Thanks.

SENIOR MER
Female, Business
more than 35 years
merchandising gain
learner, flexible an
computer program

ACCOUNTAN
CPA licensed with
environment . W
procedures espe
supervision of
Computer profic
for details.

PRODUCE
Must have
2 years mi
furnishing a
applications
Office & ot
and can wo

Comp
Male, 22
driver's li

INTERE
BICUT/
COMP

RESTAURANTS &
of the following:

HOSTESSES
CREW TRAINER
MANAGER

pany - Kuwait is in

ave an exp in the same

rollers - Must have an
ation

have an experience in Tally

erience in the same field

ing with you copies of the

CORPORATION

Kati City
(extension)

POOLING ONLY

Informational Text: Human Interest Story

There is no bigger guilt to feel, than survivor's guilt. The feeling that you could have been one of many others who died, how can it be expressed. How can the thoughts of "why did I survive instead of the guy beside me?" ever be answered? When the World Trade Center building began to crumble to the ground, Michael Fineo knew that it would be the start of a life full of these questions.

On September 11th, 2001, Fineo was working at a normal pace on the 25th floor of the World Trade Center. He worked at Garban Intercapital as a money market broker. When the first bomb went off, he thought that it was just a kitchen fire on another floor. Soon after, he realized that it was no accident.

Passing firefighters on the stairwell, Fineo remembers the look of terror in their eyes. "They were young, and they were sweating, and they were carrying gear, and their eyes were huge," Fineo explained. "They knew what they were going into." That day, Michael Fineo would learn that although he survived, many of his friends and colleagues did not. Almost 3,000 people did not survive the attack, and Michael Fineo was stuck wondering why he had. Attacking his dreams for many nights, this event caused him a great deal of guilt for his fallen friends. He specifically remembered thinking that he had to make a difference with his life, because he still had the chance, while so many others did not. He remembered that after the attacks, he'd get drunk and return to the hole where the towers had stood. "This guilt is eating me alive", was a common thought in his mind.

His guilt began to subside slightly when he decided to move homes. He relocated his family first to Clearwater, then Safety Harbor. He now owns a floor treatment company. "It's been the healthiest thing, on so many levels, for us as a family to have done," Fineo said. He also began talking about his experience more and more. He wanted others to remember the

event, and to never forget the thousands of people that died that day. He wants the younger generation, like his 12-year-old daughter, Samantha, to understand why it matters. "We've got a short memory," Fineo said. "It's sad, but it's true."

The 49-year-old Safety Harbor resident shares his story as a way of both dealing with his grief and guilt, and of educating today's youth. Today, Fineo works at his floor treatment company and lives with his wife and three children. He continues to give speeches to commemorate the anniversary of 9/11. He continues to feel the grief and guilt of losing so many people. He thinks about them, and those firefighters, every day. Survivor's guilt weighs heavily, but he's grateful that he's still alive to feel (Wiseman, Tampa Bay Times).

Informational Text: Essay**The Good and Bad of Guilt**

Unquestioningly, guilt never feels great while it rests in the pit of your stomach. Whether you've just eaten three chocolate chip cookies when you promised you'd go on a diet, or you lied to your grandmother about being sick to avoid one of her family dinners, we've all experienced guilt in some way. Guilt is the deciding factor on whether or not to keep the fifty dollar bill that you found in the school bathroom, and it's the feeling you get when you're standing at a cash register, holding it out to pay for your new outfit. No one likes feeling guilty, but it's our body's response to doing a bad deed, and sometimes we need the internal punishment.

Though I'd like to imagine myself guilt-free all the time so I wouldn't have to worry about eating another slice of pizza, the emotion is much bigger than that. If guilt didn't exist, people wouldn't feel bad about any of their actions. It may start happy, not feeling bad about eating ice cream, but without guilt, we wouldn't feel bad about doing terrible things like murder. Murderers commonly don't feel guilt. Think about the likes of Adolf Hitler, who killed millions of people. He didn't feel at all bad about that, because he didn't have a guilty bone in his body. Without guilt in our set of emotions, the world would spiral into chaos.

Guilt is healthy, this has been established. One of the biggest problems with it, however, is that some people lack the ability to leave guilt in the past and successfully move on from it. They may find themselves thinking, "this guilt is eating me alive". This can cause serious problems such as depression, as guilt left unchecked can damage your own self-worth (Berglas, Forbes) . This can travel with us through life and leave us generally unhappy.

Other bad symptoms that show our guilt is still hanging on to us is that we constantly feel that the world is against us. We're always a day late and a dollar short. A sign of guilt suffering that is easy to notice is wildly inappropriate and mean jokes at other's expense. This is

because it's easy to want to make others feel bad when we feel bad, it's just human nature. This typically digs people deeper into a whole of guilt and depression, because they lose many friends. Lastly, guilt causes people to sabotage their own success. This is a self-punishing act, as if you're not allowed to be happy because of something that you've done.

Guilt is something that makes us all human. It's a self-criticizing emotion that keeps us in check with ourselves and with our moral standards. The most helpful thing you can do for yourself to keep guilt under control is to listen to your body and your emotions. It's easy to let things get out of control, but you have to address your guilty side and be able to move past it. Guilt only makes us human, and in the end, it only makes us stronger.

Visual Text: Collage

This collage of pictures represents many different faces of guilt. From Macbeth, one of the most famous instances of guilt turned to insanity, to the humorous and much less serious guilt of cheating on a diet, this collage shows guilt in so many different ways. There are also pictures such as handcuffs to represent how guilt is like an internal punishment, and the picture with the balloon shows how much lighter you feel when you cut your ties of guilt. There are also a few words in this piece, and one quote from William Shakespeare, a master of creating guilt in characters.



Non-Fiction Text: Confession

When I was in kindergarten, there was this certain block that was part of a block set that I really liked. I don't know why I liked it so much, but regardless, it was my favorite thing to play with in that building. One day, I decided to take the block and put it in my cubby. I was sure that no one would notice and I would be happy. I was wrong. That day, every single kid in my class was sent out to the playroom to look for the block. It apparently was a favorite of others as well as myself. After minutes of looking everywhere, the teachers began to feel agitated and I began to feel guilty. I ran to my cubby and I got the block. I set it down underneath a table, and then pretended to find it. The teachers were all very proud of me, and they even gave me a small bag of treats. I never told anyone the real story. To all of my kindergarten teachers, I'm sorry.

When I was in fourth grade, we had a really hard math test about multiplication. I was not good at multiplication, I had found out earlier that year. Very nervous for this test, I decided to do something that I was not proud of. I wrote down " $9 \times 9 = 81$ " on the desk, because the nine multiplication was the hardest. I was then so much more nervous because I was cheating. I didn't erase what I wrote until after the test, and I very guiltily confess that I definitely got that one question right. Mrs. Karr, I'm sorry.

When I was ten, I figured out where my dad stored his Christmas presents before he wrapped them. I resisted looking at them for about a day, but curiosity got the best of me, and I sneakily dug through them. That year's Christmas was the least entertaining one that I've ever had, and I decided never to look back in that spot for presents. I'm sorry Dad.

When I was fifteen, my sister had this amazing necklace that I was envious of. One day, she left early for school, and I was wearing an outfit that would be perfect with the jewelry. Thought I feel guilty of taking something from her now, I felt no remorse at that moment. My day went nicely, but then the unthinkable happened. As I was putting my coat on, I snagged the

necklace on my fingers and pulled. Hard. The chain snapped, and I was in shock. I then proceeded to keep the pendent but throw out the chain. I had Sophie believe that she was the one who lost her necklace, until I eventually found a chain for her necklace and once again in my life, I staged a "look what I found!" kind of moment. For these events, I'm sorry Sophie.

It honestly feels great to get these small secrets about myself out in the open. It was nice to write them, so I know that I'm now not the only person who knows them. I can't say that the guilt was eating me alive, but it was always there every time I thought of my past dirty deeds.

Final Reflections

At the end of this project, I feel both more powerful and more enlightened. Starting off my collection by picking a random theme, I never imagined that I would learn so much about both guilt and myself. Emotionally, I realized so many things about myself. The biggest strength of this project is that it's so relatable. That will make people instantly interested in reading it, and I really hope they do. I didn't put this much work into my collection for it to never be read.

What I really loved about this piece was that I was able to try out so many new styles of writing. My personal favorite text type that I used was my confession, because it was so fun to write. Letting the truth out really does set you free, which is what I learned multiple times throughout my research on guilt and coping with it. I also really enjoyed the ad, because it represented guilt in a way that makes the reader have to think about it. Instead of explaining guilt, this piece gave the reader a great example of what guilt really can be, and how it can feel. I thoroughly enjoyed writing both fiction and non-fiction.

If I had this collection again, I would likely change my informational piece to be less typical essay, and more original work by me. I find that the more creative and original work is both more interesting and generally done a lot better than standard essays. Something really important to know about this piece is that I could have made this collection about any emotion, but I chose to do it on guilt because I really don't know much about it, and I wanted to learn as I wrote. Though it would have been easier to choose happiness, it would have been too easy. We all understand happiness. Guilt has been a great learning experience.

This was an incredibly hard theme to research, as there's so many different versions of guilt. Guilt ranges in intensity as much as happiness or sadness does. It was hard to write about all the different degrees of guilt. The hardest genre for me to write was the multimedia one, because there was much less writing to it, and more creating art. I am definitely no artist. It was

hardest for me because I'm so much better at expressing my ideas through words rather than pictures.

If I was given more time to work on this collection, I would definitely incorporate more real life examples of guilt in confession type format. I would get confessions from my friends, family, fellow classmates. I would make this piece extremely relatable. Other than that, I wouldn't change a thing. I worked extremely hard on this piece of writing, and I'm really happy with the topic that I chose for it. This extensive paper was one of the more interesting assignments that I've been given, and I was overjoyed that there was a lot of fictional writing involved in it. I highly enjoyed this project.

Work Cited

- Berglas, Steven. "6 Signs You Are Suffering From Guilt And Probably Don't Know It." *Forbes*. Forbes Magazine, 7 June 2012. Web. 13 Jan. 2016.
- Fisher, Maryanne. "Why It's Good to Feel Guilty." *Psychology Today*. 14 May 2010. Web. 13 Jan. 2016.
- Wiseman, Claire. "9/11 Survivor Fights Guilt to Share Story, Encourage Remembrance." *Tampa Bay Times*. Tampa Bay Times, 11 Sept. 2011. Web. 13 Jan. 2016.