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In The Dark

Confessional poetry

Throughout my creative process, I did a lot of self reflection. I've been writing poetry and keeping a journal for a while now, although it was pretty recently that I realized how passionate I really am about being a writer. *In The Dark* is a collection of poetry inspired from some of my writing entries. I chose pieces that had the most emotion going into them, the vulnerability in this writing is uncomfortable. I made a product that portrays myself in the most raw form possible, even if it's trauma on paper, it's beautiful to me. The step in this process that took the longest and was the most draining was going through all of my notebooks. I read and re-read through a notebook from this summer, two full notebooks from rehab, and two notebooks I filled in the past three months here at Oxbow. Becoming this confident in how I want to express myself has been a life-long journey. I wanted this book to be as personal as I could get, I don't feel research benefits the way I want to communicate who I am. I was inspired by many authors and poets, although if that were considered my research, I would have been researching my whole life. I think the sum of my research just came from work I did within. I learned so much about myself from just writing about myself. My process isn't what I initially thought it would look like at all, I never planned on making a poetry book. I wanted my book to tell my story. I wanted to be a storyteller. I discovered that I do not write for the purpose of telling stories, I write for me, I write what the world needs to hear from me.