

Questions for Singing Wind

1. What images from this prose-poem stand out for you? What is it about those images that make them resonate with you?
2. What feelings did this story bring up for you? And what emotion did the story leave you with, when you finished reading it
3. Can you identify with Nameless and her experience of being ignored, overlooked, unseen and unheard by those closest to her? If so, how has this affected how you see yourself today?
4. Could you sense the exhilaration of Singing Wind when she found her liberation from loneliness and her true identity? What kind of hope does this give you for yourself, or for another?
5. Do you have any sense of connection with Nature, and its power to heal and soothe? The vitality, energy, and power of Wind introduced Singing Wind to a new experience of life, its promise, and its possibility. Is there an aspect of Nature that you particularly identify with, and which strengthens you or holds or receives a part of you in a powerful way? Perhaps it is Water, and the way it always finds a way through, flowing around every obstacle that is in its path? Or Fire, its passion and power igniting desires and dreams. Or the solidity and groundedness of Earth? Perhaps it is the stillness, the deep rootedness of trees, or the flight and freedom of birds? Spend some time pondering that aspect of Nature that is given to YOU, as an individual, to help guide you through this life. Try to listen to what it is showing you.
6. It is easy to minimize the effect that childhood emotional neglect can have on a person's identity and self-worth. It's all about what '*didn't happen* but should have', rather than what '*did happen* and shouldn't have'. But the effects can reach far into adulthood, and be profound - even devastating. This story highlights the hope that there is for those who have experienced this, that healing *is* possible, that the shakiest of identities can be renewed and strengthened.

Questions provided by Julie Dawn

As a Speech and Language Therapist and a part-time writer, the importance of communication has always been paramount for me. How we communicate with each other, and how we communicate with ourselves. I am a passionate advocate of

Internal Family Systems work, and I also try to raise awareness about childhood emotional neglect. From this perspective, I suggested some questions about how you might like to think about *Singing Wind* while you reflect on your own life or the life of someone you care about.

Further resources:

- [Childhood Emotional Neglect \(CEN\)](#)
- Helpful CEN articles:
 - [7 Signs you grew up with childhood emotional neglect](#)
 - [5 Uncommon strengths of the emotionally neglected](#)
- [How to work with 'difficult' emotions](#)
- [Self-compassion](#): Sarah Peyton
- [Dr. Kristin Neff](#)
- [Radical Compassion \(and RAIN technique\)](#): Tara Brach
- [Internal Family Systems work](#)