

A decorative, ornate border with floral and scrollwork patterns surrounds the central text. The border is light gray and set against a dark blue background.

DEFYING GRAVITY

Female Creative Writers, Self-Destruction,
and Resilience

By Tessa Torgeson

Mental Illness + Creativity

Plato- poets possessed by
“divine madness”

Aristotle: “No great imaginative
power without a dash of madness”

RESEARCH QUESTIONS

Why does a correlation exist between female creative writers and self-destruction?

How can we approach mental illness in a more positive, holistic way?

Unraveling the Research

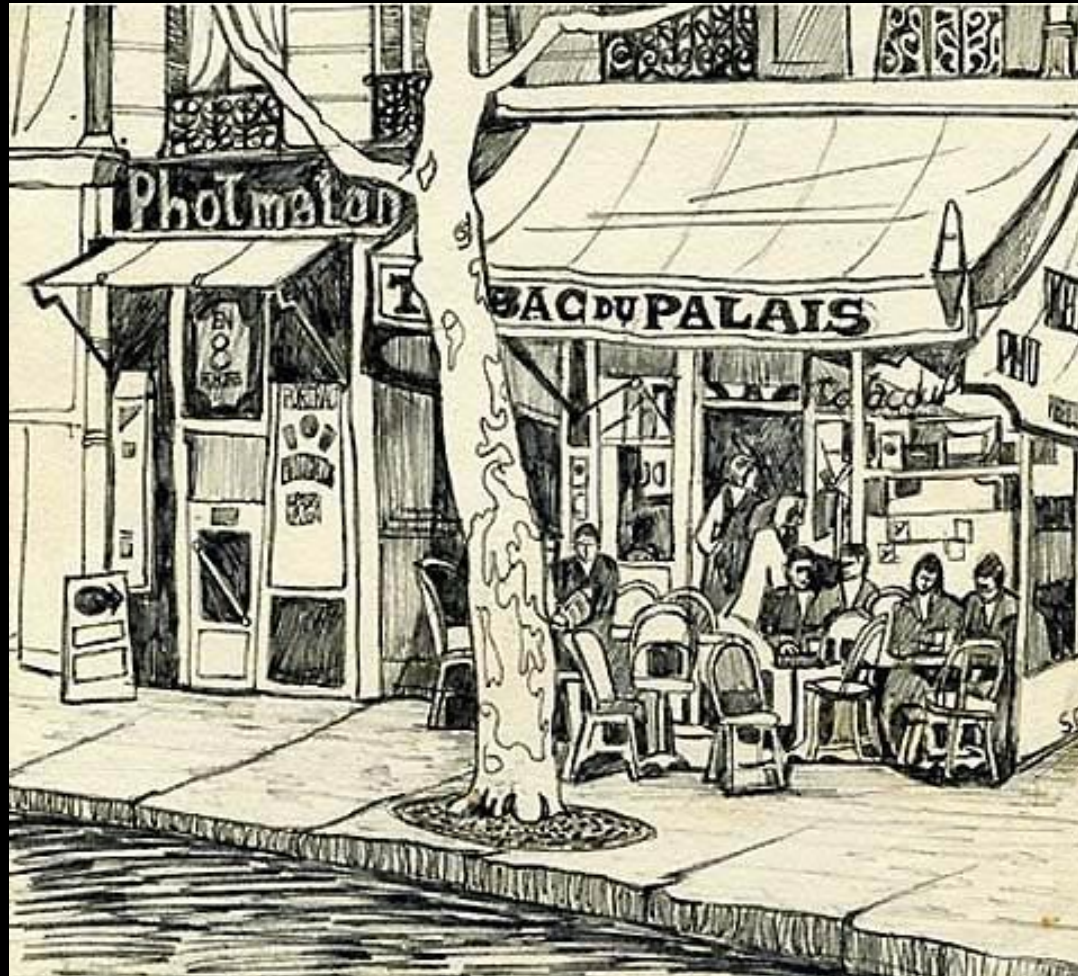
- The craft of creative non-fiction
- Works by and about female creative writers (Sylvia Plath, Virginia Woolf) who struggled with mental illness and addiction
- Creative metaphors for self-destruction, Astronomy

Creative Non-Fiction: A fractured narrative

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1. Narrative voice:
Women Writers + Self-Destruction
 2. My Creative Non-Fiction
 3. Astronomy metaphor using Carl
Sagan's *Cosmos* as a guide

Deconstructing my writing process

- Free write often
- Create annotations on sources while reading
- Experiment! Literally Cut and Paste
- Revision, Revision, Revision



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