

## The Memoir Writing Workbook

Memories into Memoir

# Searching for The Atmosphere

## Tone and Mood

## Exercise 15

*It is the tone and mood of your writing voice that contributes to the atmosphere of your memoir.*

As mentioned previously in 'Choosing your Path/Unique Writing Voice', the tone of your writing voice should reflect the experience you are writing about – without being self-pitying, vengeful or whiney.

It is your frame of mind – your *attitude* about a particular event or occasion – that influences how you write about it.

### Example:

#### Title: The Singing Lesson

*He grabbed the top of my arm in rage. Feelings of indignation engulfed me like a pot boiling over and I knew even at 12 this was something a teacher was not allowed to do, or would ever do to me and get away with it. His long red bulbous nose seemed to increase in size and deepen in colour as he squeezed my arm tighter, yelling at me to go to the back of the choir because I was a dreadful singer. His words stung like a bee eating into my bellybutton and enraged me further. I landed a karate chop with the full force of my hand on his grip, yelling at*

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*him to let me go. There was total silence in the classroom as this scene of defiance erupted. I had become the scapegoat for a room of students that were afraid of this hideous man.*

### Comment

Notice the rage in my words, the temper I felt when this happened. Not only did this teacher insult me but he hurt my feelings.

### Exercise A:

1. Return to Exercise 8A in your bubble sketch pad. Select another occasion, event or experience that happened to you prior to the age of 15.
2. Think of the *mood* you were in when this event took place in your life. Were you happy? Sad? Angry? Confident? Devastated? Worried? Confused? Distraught? Frightened? Amused?
3. Write a paragraph about this event, showing through your writing your attitude, feelings and mood *at that time*.
4. Title and date your work.
5. When complete, read your work.

**Note:** *You can practise this exercise over and over using different situations, expressing a different mood and tone each time in your writing.*