

Raunaq Haji  
Integrative Seminar  
Free form Writing Assignment: Words and Phrases List

Thursday, January 24.

- 1) Location
- 2) Hometown- Singapore
- 3) Culture
- 4) Widely accepting
- 5) Tropical climate
- 6) New home
- 7) Where comfort lies

Friday, January 25

- 1) Grandad
- 2) Family
- 3) Rewarding qualities
- 4) Valuing time
- 5) Missing home
- 6) Warmth
- 7) Freedom

Saturday, January 26

- 1) Intensity of cold
- 2) Seeking warmth and shelter
- 3) Attachment
- 4) My two dogs
- 5) Vision
- 6) Future
- 7) Silk white
- 8) Sense of belonging

Sunday, January 27

- 1) Reminiscing
- 2) Fondness
- 3) Fresh air
- 4) Standing on bare ground barefooted
- 5) Earth
- 6) Love
- 7) Family

Monday, January 28

- 1) Stress
- 2) Anxiety

- 3) Pressure
- 4) Comfort
- 5) Relations
- 6) Sensitivities

What initially struck me was the similarity in the number of words/ phrases that I had grouped with one another for each day, it was between 6 to 8 phrases and words that I had chosen to pick out and construct a word list of. Most of the words that I have included contain my thoughts and feelings and I have realized after five days of journaling and documenting my day I find myself missing my hometown and country- Singapore. I feel as though it is so easy to get caught up in the hustle and bustle of this city and school presents me that I often am unable to find where my ground is and check in with myself to see how I am feeling. It makes me question why I allow myself to feel these anxieties and pressures and why I choose to hold it within myself instead of taking a breather from it. I feel as though this free form exercise helped me find and connect a lot of my thoughts that I have on a regular basis as well as feelings that come and go from time to time. From the connections that I have developed I feel as though I should go into writing about comfort and what the environment needs to be for me to feel most comfortable. It is only when we are most relaxed and administered well around ourselves whereby we can thrive the most.