

# Do not define

BY DEBRA EASTERLING



Yes I am deaf and I am blind.  
THAT is not who I AM.

DO NOT DEFINE,  
Look deeper in me. You have vision yet can you not see?  
THAT IS NOT ME.

You hear my words, but you do not listen to what I say.  
You continue to create the obstacles you think are in my way.  
THAT IS NOT ME.

Look past my disability, and you will plainly see... I fly free. No boundaries hold me.  
THAT IS THE REAL ME.

➡ You’ve just read a poem that is written in free verse. Free verse is also sometimes called blank verse. The first poem does have some rhyming lines, but is free verse for the most part.

Free verse is poetry that does not follow any rigid rule or structure. E. E. Cummings is a famous poet who broke every rule in his writings. Which other poet do you know that wrote in free verse?

Now try your hand at describing a person with a disability in free verse. It can be freeing to write, when you know, you do not have to follow any rules. Bring out your creative self.