Right Now —
Poetry Companion
A creative writing workbook inspired by
the themes in the novel
38 illustrated writing prompts with image cues and space to create your own poems.

How to Use This Poetry Companion

This poetry companion is inspired by the themes in *Right Now*.

Each page explores one theme from the book and pairs it with a short explanation, an image cue and space for your own poem.

Use the prompts to reflect, imagine, remember and create.

You do not need perfect poetry — begin with one feeling, one image or one line.

Let the themes guide you into your own creative writing.

Write freely. Explore honestly. Create gently.

Index of Themes

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Use the page numbers and themes below to move through the workbook.

Right Now — Poetry Writing Pages

Themes 1–3

1 Identity

Meaning: Who am I beneath daughter, doctor, wife, friend, culture and other people's expectations?

Image cue: Priya in reflection, water, window light.

My poem

2 Selfhood / Becoming Yourself Again

Meaning: Priya gradually becomes a person making her own choices rather than being defined by what happened to her.

Image cue: Balancing alone in the car park, flowers, skyline.

My poem

3 Autonomy / Choice

Meaning: The right to decide what happens to your life, body, relationships and future.

Image cue: Stepping stones, open path, calm water.

My poem

Right Now — Poetry Writing Pages

Themes 4–6

4 Cultural Identity & Belonging

Meaning: Loving family and culture while questioning the expectations placed upon you.

Image cue: Red silk sari, jasmine, gold, quiet after the ceremony.

My poem

5 Expectation

Meaning: The weight of what family, marriage, tradition and society say a woman should become.

Image cue: Wedding jewellery, thali, jasmine, ceremonial weight.

My poem

6 Womanhood

Meaning: Being valued as a whole person rather than as daughter, bride, wife, body or possession.

Image cue: Sari fabric, boxing gloves, many roles.

My poem

Right Now — Poetry Writing Pages

Themes 7–9

7 Control / Coercion

Meaning: The gradual movement from expectation to ownership and control.

Image cue: Doorway, bangles, shadows narrowing around a bride.

My poem

8 Survival

Meaning: Leaving, enduring and continuing are achievements in themselves.

Image cue: Broken bangles, open doorway, flower through cracked concrete.

My poem

9 Healing

Meaning: Healing is gradual and imperfect rather than a miraculous transformation.

Image cue: Water, stepping stones, small flowers, opening hands.

My poem

Right Now — Poetry Writing Pages

Themes 10–12

10 Trauma & Memory

Meaning: The past can live in the body even when the present is safe.

Image cue: Rain on glass, blurred reflection, empty room, shadow behind a figure.

My poem

11 Self-trust

Meaning: Eventually Priya trusts herself again.

Image cue: Balance pose, feet planted on cracked ground, walking alone, a reflection becoming clear.

My poem

12 Boundaries

Meaning: Caring for someone does not give them ownership of you; understanding someone does not erase what they did.

Image cue: Two hands close but not touching, two paths separating, doorway light between two figures.

My poem

Right Now — Poetry Writing Pages

Themes 13–15

13 Truth & Secrecy

Meaning: Different people possess different versions of the truth; protection can become withholding.

Image cue: Mirror fragments, half-lit face, closed door, hospital corridor disappearing into darkness.

My poem

14 Trust & Betrayal

Meaning: Intimacy depends not just on affection but on truth.

Image cue: Two reflections slightly misaligned, rain between figures, emotional distance.

My poem

15 Love in Different Forms

Meaning: Romantic possibility is only one kind of love: family, friendship, loyalty, caregiving and companionship matter equally.

Image cue: Several small lights, hands, tea, bedside chair, family photographs.

My poem

Right Now — Poetry Writing Pages

Themes 16–18

16 Friendship

Meaning: Sam and Daniele show very different forms of friendship; sometimes simply staying matters.

Image cue: Two chairs, tea, figures sitting rather than embracing, two people moving side by side.

My poem

17 Care / Caring

Meaning: Doctors care for patients; families care for one another; sometimes care becomes sacrifice.

Image cue: Hospital hands, bedside objects, a cup of tea, heart motif, flowers left beside a bed.

My poem

18 Duty & Obligation

Meaning: Love and obligation can overlap but are not the same thing.

Image cue: Hospital lanyard beside personal objects; one figure looking toward two different paths.

My poem

Right Now — Poetry Writing Pages

Themes 19–21

19 Guilt

Meaning: Priya repeatedly takes responsibility for events she could not control. Daniele carries guilt differently.

Image cue: Heavy stones beneath water, something sinking while hands release it, rain washing handwriting away.

My poem

20 Letting Go of What Is Not Yours

Meaning: Inherited blame, responsibility and pain can be put down.

Image cue: Water carrying something away, open palm, fallen leaf, lotus, breathing hands.

My poem

21 Grief

Meaning: Grief remains even as life continues. Healing does not erase it.

Image cue: Empty room, empty chair, rain on a window, fading evening light.

My poem

Right Now — Poetry Writing Pages

Themes 22–24

22 Loss

Meaning: Loss can include relationships, certainty, imagined futures and former versions of oneself.

Image cue: Empty wedding space, dying garlands, one abandoned object, footprints ending.

My poem

23 Forgiveness vs Understanding

Meaning: A person can understand another and still acknowledge harm.

Image cue: Two colours meeting without blending, two paths running beside one another.

My poem

24 Strength

Meaning: Strength eventually becomes quieter— standing, breathing, choosing, remaining.

Image cue: Boxing gloves gradually giving way to Qigong or Tai Chi hands; strength becoming gentle.

My poem

Right Now — Poetry Writing Pages

Themes 25–27

25 Resilience

Meaning: Falling is not failure; recovery includes getting up, resting and trying again.

Image cue: Cracked concrete with tiny flowers, stepping stone, Priya's training stance.

My poem

26 Rest / Stillness

Meaning: Sometimes doing nothing is part of survival and recovery.

Image cue: The empty room, window light, floor reflection, soft shadow.

My poem

27 The Body Remembers / The Body Heals

Meaning: Breath, scars, movement, tension and physical confidence all carry emotional meaning.

Image cue: Pink boxing gloves, raised hands, bare feet on ground, breathing pose, Qigong.

My poem

Right Now — Poetry Writing Pages

Themes 28–30

28 Transformation

Meaning: Not becoming somebody new, but allowing a changed self to emerge.

Image cue: Butterfly, wings, gentle becoming, garden light.

My poem

29 Small Things

Meaning: Tiny acts—a breath, flower, joke, cup of tea, movement—can matter enormously.

Image cue: White daisy, nearby blossoms, butterfly, little heart.

My poem

30 Hope

Meaning: Hope is not certainty that everything will be fine; it is willingness to continue.

Image cue: Rainbow after rain, first light, sunrise, golden-hour Tai Chi.

My poem

Right Now — Poetry Writing Pages

Themes 31–33

31 Growth in Broken Places

Meaning: Life can return in places that seemed damaged, abandoned or barren.

Image cue: Pampas and tiny white, yellow and blue flowers pushing through cracked ground.

My poem

32 Connection

Meaning: Healing can happen through other people without making another person responsible for saving you.

Image cue: Two people practising movement side by side rather than embracing.

My poem

33 Independence

Meaning: I can do this myself without meaning I need nobody.

Image cue: Priya training alone, solitary figure at dawn, one pair of footprints.

My poem

Right Now — Poetry Writing Pages

Themes 34–36

34 Present Moment / Right Now

Meaning: Past and future cannot always be controlled; sometimes the present is enough.

Image cue: Water ripple, breath, sunlight on hands, pampas moving without hurry, the little heart.

My poem

35 Change / Yin & Yang

Meaning: Opposites coexist: grief and hope, love and anger, strength and softness, endings and beginnings.

Image cue: Yin–Yang, Tai Chi, sunset, water and light together.

My poem

36 Courage

Meaning: Courage is often quiet: saying no, asking questions, staying, leaving, returning, speaking.

Image cue: Priya at the top of the stairs, an open door, one small figure moving toward light.

My poem

Right Now — Poetry Writing Pages

Themes 37–38

37 Compassion without Rescue

Meaning: Helping someone while respecting their autonomy.

Image cue: Open hands without gripping, two figures beside each other, heart held rather than enclosed.

My poem

38 Imperfect Recovery

Meaning: The ending refuses the idea of complete, tidy healing.

Image cue: Wild garden rather than perfect garden, cracked paving with living flowers, rain and sunlight together.

My poem