

A black and white photograph of Anne Sexton in her study. She is seated, leaning back in a chair, looking towards the camera with a slight smile. She is wearing a light-colored, long-sleeved top. Behind her is a large bookshelf filled with books. To her right is a floor lamp with a dark shade. The room has patterned wallpaper. The text "Her Kind" is overlaid in white on the left side of the image.

Her Kind

ANNE SEXTON

Try it out

Write a
stanza using

ababcbbc

The Canopus is:

- a heptastich, a poem in 7 lines.
metric, written in iambic pentameter.
rhymed, rhyme scheme ababcbb.
- an invented verse form which stresses a
“continuous flow of thought”.
- the 2nd brightest star in Earth’s sky.
- How does Ann Sexton use or adapt this
form?



Her Kind 1

I have gone out, a possessed witch,
haunting the black air, braver at night;
dreaming evil, I have done my hitch
over the plain houses, light by light:
lonely thing, twelve-fingered, out of mind.
A woman like that is not a woman, quite.
I have been her kind.



Her Kind 2

I have found the warm caves in the woods,
filled them with skillets, carvings, shelves,
closets, silks, innumerable goods;
fixed the suppers for the worms and the elves:
whining, rearranging the disaligned.
A woman like that is misunderstood.
I have been her kind.



Her Kind 3

I have ridden in your cart, driver,
waved my nude arms at villages going by,
learning the last bright routes, survivor
where your flames still bite my thigh
and my ribs crack where your wheels wind.
A woman like that is not ashamed to die.
I have been her kind.



Her Kind

Anne Sexton, 1960



This poem is about being a witch

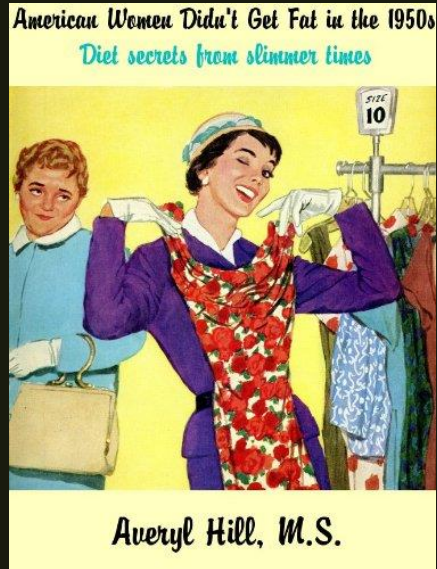
- Find evidence

This poem is about mental illness

- Find evidence

This poem is about being a woman in the patriarchy

- Find evidence
- https://www.youtube.com/watch?v=wpHtuqrAB_Y
- <https://www.youtube.com/watch?v=nRSaMKNi6Do>
- <https://www.youtube.com/watch?v=1GIQMOqdM9E>
- <https://www.youtube.com/watch?v=LS37SNYjg8w>



Life in the '50s and '60s

- https://www.youtube.com/watch?v=wpHtuqrAB_Y
- <https://www.youtube.com/watch?v=nRSaMKNi6Do>
- <https://www.youtube.com/watch?v=1GIQMOqdM9E>
- <https://www.youtube.com/watch?v=LS37SNYjg8w>

Anne Sexton November 9, 1928 – October 4, 1974

- At age 19, she married Alfred “Kayo” Sexton II. While Kayo was serving in Korea, Anne became a **fashion model**.
- In 1953, she **gave birth** to her first daughter and in 1955, her second.
- Sexton suffered from **post-partum depression** - after the birth of her first daughter she suffered her first **breakdown** and was admitted to a **neuropsychiatric hospital**.
- Other **institutionalizations** followed. Sexton struggled with depression for the remainder of her life.
- She **committed suicide** at age 46.



Writing as therapy

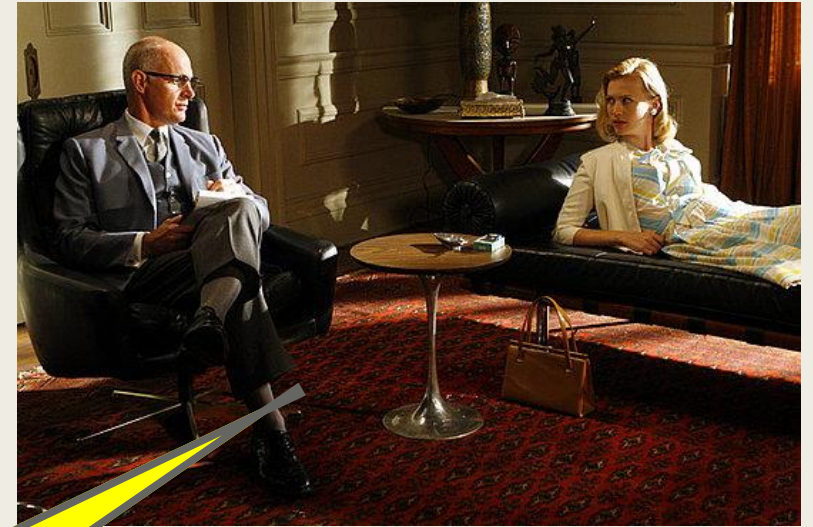
- In treatment, her therapist encouraged her to write.
- 1957 writing groups in Boston - led her to friendships and relationships with the poets including Robert Lowell and Sylvia Plath.
- her writing began as therapy: “My analyst told me to write between our sessions about what I was feeling and thinking and dreaming.”



Confessional Poetry

- Self-revelatory writing associated with a number of American poets writing in the 1950s and 1960s
- including Robert Lowell, W.D. Snodgrass, Sylvia Plath, Anne Sexton, and John Berryman.

Write down your understanding of 'confessional' poetry. What do you associate with this word?



Beat Poetry




The Beat Generation



The Beat Generation

The Beat Generation Characteristics of Beat Poetry



**they felt *beat* down,
defeated and out of place
among the returning
soldiers and businessmen**

Jack Kerouac

Study.com

Exit full screen (f)

1:27 / 6:19