



THE ART OF SEEING DIFFERENTLY

Exercise Takeaway

A Creative Reset for the Eyes and Soul



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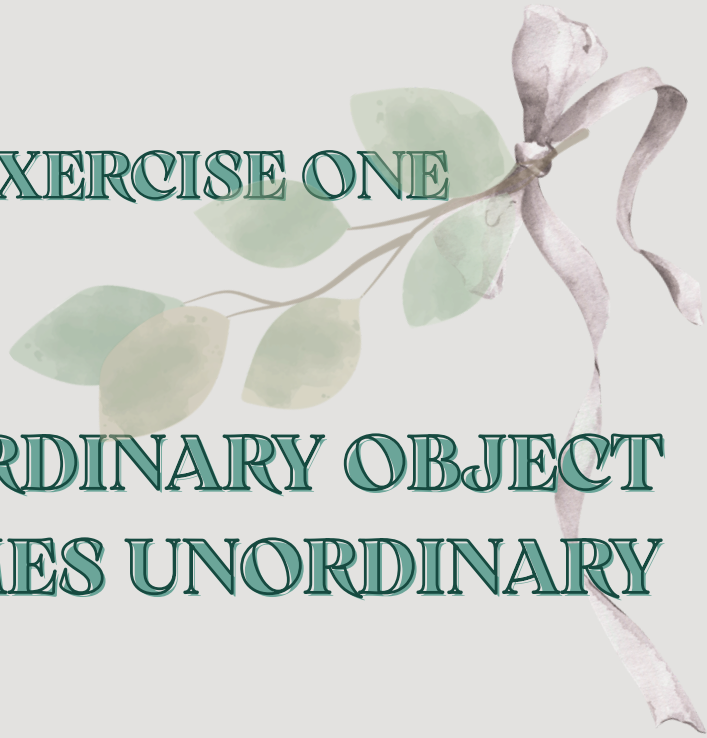


**Photography begins before the
camera is raised.**

**Use these exercises anytime you
feel creatively stuck,
uninspired, or too familiar with
your surroundings.**

EXERCISE ONE

THE ORDINARY OBJECT
BECOMES UNORDINARY



Step One

Choose one ordinary object within reach.
It can be a mug, book, plant, pair of glasses,
keys, spoon, scarf, pen, shell, flower, remote
control, or anything simple from your space.

First, describe the object factually.

What is it?

What color is it?

What shape is it?

What is its use?

Step Two

Now move past the facts.

Ask yourself: what does this object feel like?
Does it feel heavy, fragile, useful, forgotten,
elegant, tired, humorous, sacred, strange, lonely,
domestic, stubborn, comforting, awkward, or
tender?

Write down three emotional words for the object.

Step Three

Now make one photograph that does not simply show what
the object is, but suggests what it feels like.

Try shifting:

Distance

Angle

Light

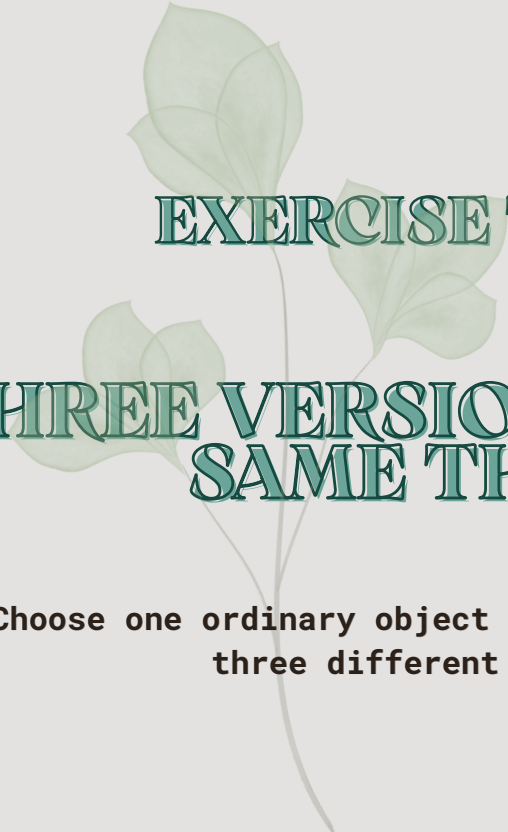
Framing

What you include

What you leave out

The goal is not perfection.

**The goal is to let the object become more than its
function.**



EXERCISE TWO

THREE VERSIONS OF THE SAME THING

**Choose one ordinary object and photograph it
three different ways.**

Frame One: The Fact

Make a photograph that simply shows what the object is.

This is the straightforward version.

The identifying version.

The "this is what I photographed" version.

Frame Two: The Feeling

Make a photograph that suggests an emotion.

Use closeness, shadow, softness, emptiness, warmth,
humor, tension, stillness, or movement to shift the
mood.

Frame Three: The Secret

Make a photograph that makes the object feel mysterious,
symbolic, or slightly transformed.

Let the object become less obvious.

Let part of it disappear.

Let the frame create curiosity.

Let the image hold a question.

The first image is usually the obvious one.

The second begins to belong to you.

The third often reveals the artist.

EXERCISE THREE

THE QUIET ASSIGNMENT

CHOOSE ONE WORD FROM THIS LIST

Tenderness

Curiosity

Absence

Threshold

Tension

Longing

Memory

Resilience

Stillness

Mischief

Choose the word that pulls at you a little.

Now make one photograph in your current space that suggests that word without photographing the word literally.

For example:

Absence might be an empty chair, a gap between objects, or a shadow where something used to be.

Tenderness might be the fold in a blanket, a hand near a cup, or soft light on something ordinary.

Tension might be keys hanging halfway off a table, a crooked frame, or a cord pulled tightly.

Let the word guide your seeing.

Afterward, complete this sentence:

My word was _____, and I photographed _____.



CHOOSE ONE ORDINARY OBJECT.

Write three factual words.

Write three emotional words.

Make three frames:

Fact

Feeling

Secret

Then choose the image that feels least expected.

Ask yourself:

What did this reveal?

Not: Is this perfect?

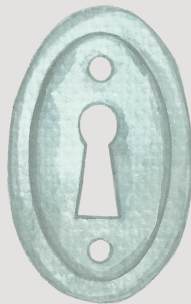
Not: Would someone else like it?

Not: Would this score well?

Ask only:

What did this reveal?

OPTIONAL CONTINUED PRACTICE



**CHOOSE ONE ORDINARY OBJECT IN YOUR HOME AND
PHOTOGRAPH IT ONCE A DAY FOR THREE DAYS.**

Day One: photograph what it is.

Day Two: photograph what it feels like.

Day Three: photograph what it might mean.

Choose the image that surprises you most.

**That surprise is often where the real work
begins**