

NOW WITH  
EVEN MORE  
WAYS TO  
WRECK!

# WRECK THIS JOURNAL

KERI SMITH







# WRECK THIS JOURNAL

TO CREATE IS TO DESTROY

BY KERI SMITH

PARTICULAR  
BOOKS



**WARNING:** DURING THE PROCESS OF THIS BOOK YOU WILL GET DIRTY. YOU MAY FIND YOURSELF COVERED IN PAINT, OR ANY OTHER NUMBER OF FOREIGN SUBSTANCES. YOU WILL GET WET. YOU MAY BE ASKED TO DO THINGS YOU QUESTION. YOU MAY GRIEVE FOR THE PERFECT STATE THAT YOU FOUND THE BOOK IN. YOU MAY BEGIN TO SEE CREATIVE DESTRUCTION EVERYWHERE. YOU MAY BEGIN TO LIVE MORE RECKLESSLY.

**Acknowledgments** This book was made with the help of the following people: my husband, Jefferson Pitcher, who provides constant inspiration for living a full and daring life (some of his ideas ended up here). Thanks to the talented artists Steve Lambert and Cynthia Yardley-Lambert who helped me brainstorm ideas during a lecture on contemporary art. To my editor at Perigee, Meg Leder, who embraced and believed in this project from the beginning, your thoughts and sensitivity left me with so much gratitude. To my agent, Faith Hamlin, for continuing to believe in my artistic/creative vision. Thanks also to Corita Kent, John Cage, Ross Mendes, Brenda Ueland, Bruno Munari, and Charles and Rae Eames, whose ideas and perceptions continue to rip me wide open.

Dedicated to perfectionists all over the world.



THIS BOOK BELONGS TO:

---

WRITE YOUR NAME IN WHITE.

---

WRITE YOUR NAME ILLEGIBLY.

---

WRITE YOUR NAME IN TINY LETTERS.

---

WRITE YOUR NAME BACKWARD.

---

WRITE YOUR NAME VERY FAINTLY.

---

WRITE YOUR NAME USING LARGE LETTERS.

---

ADDRESS

---

PHONE NUMBER

\* NOTE: IF FOUND, FLIP TO A PAGE RANDOMLY,  
FOLLOW THE INSTRUCTIONS, THEN RETURN.





**INSTRUCTIONS**

1. Carry this with you everywhere you go.
2. Follow the instructions on every page.
3. Order is not important.
4. Instructions are open to interpretation.
5. Experiment.  
(work against your better judgment.)

# materials

ideas

gum

glue

dirt

saliva

water

weather

garbage

plant life

pencil / pen

needle & thread

stamps

stickers

sticky things

sticks

spoons

comb

twist tie

ink

paint

grass

detergent

grease

tears

crayons

smells

hands

string

ball

unpredictability

spontaneity

photos

newspaper

white things

office supplies

wax

found items

stapler

food

tea/coffee

emotions

fears

shoes

matches

biology

scissors

tape

time

happenstance

gumption

sharp things

ADD YOUR  
OWN PAGE  
NUMBERS.

---

STARTING  
HERE

CRACK THE SPINE.

LEAVE THIS PAGE

BLANK

ON PURPOSE.



STAND HERE.

(WIPE YOUR FEET, JUMP UP AND DOWN.)

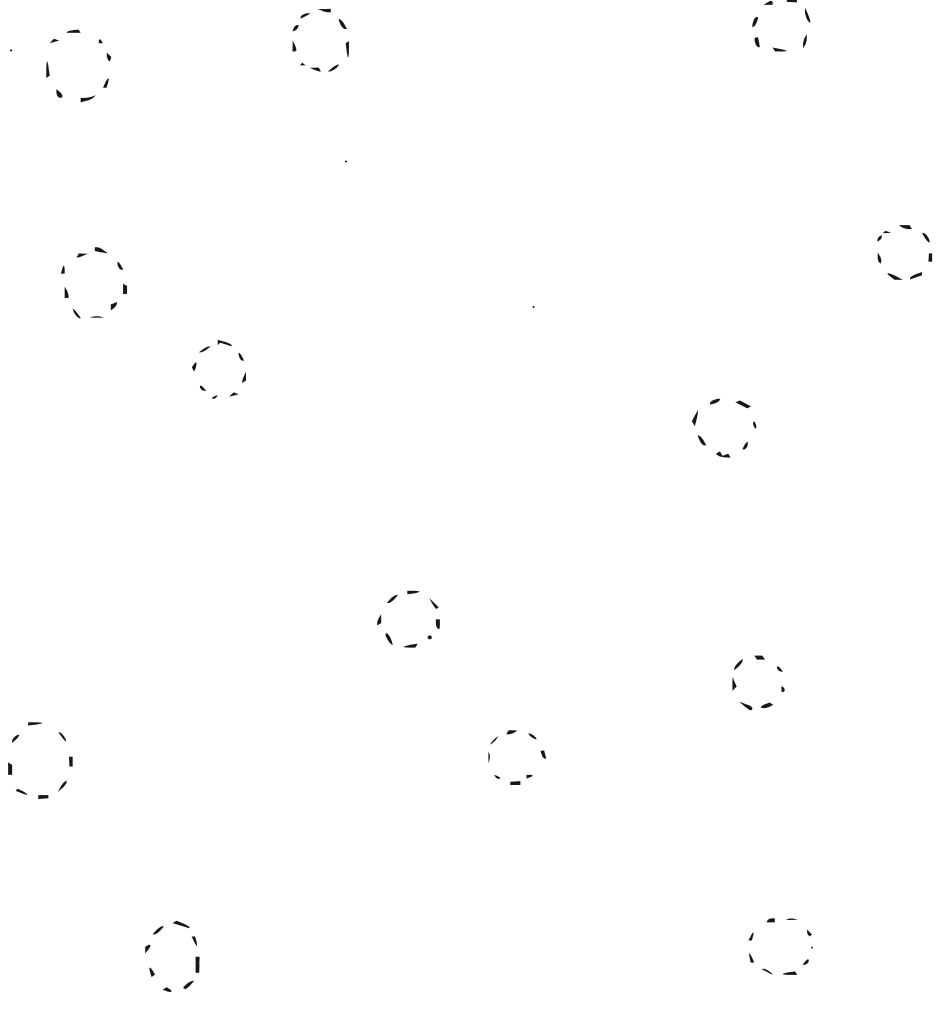




POUR, SPILL, drip,  
SPIT, fling YOUR COFFEE  
HERE.







**POKE HOLES IN  
THIS PAGE USING  
A PENCIL.**



DRAW FAT LINES  
AND THIN.

PUSHING REALLY HARD WITH THE PENCIL.



THIS PAGE IS FOR **HANDPRINTS**  
OR FINGERPRINTS.

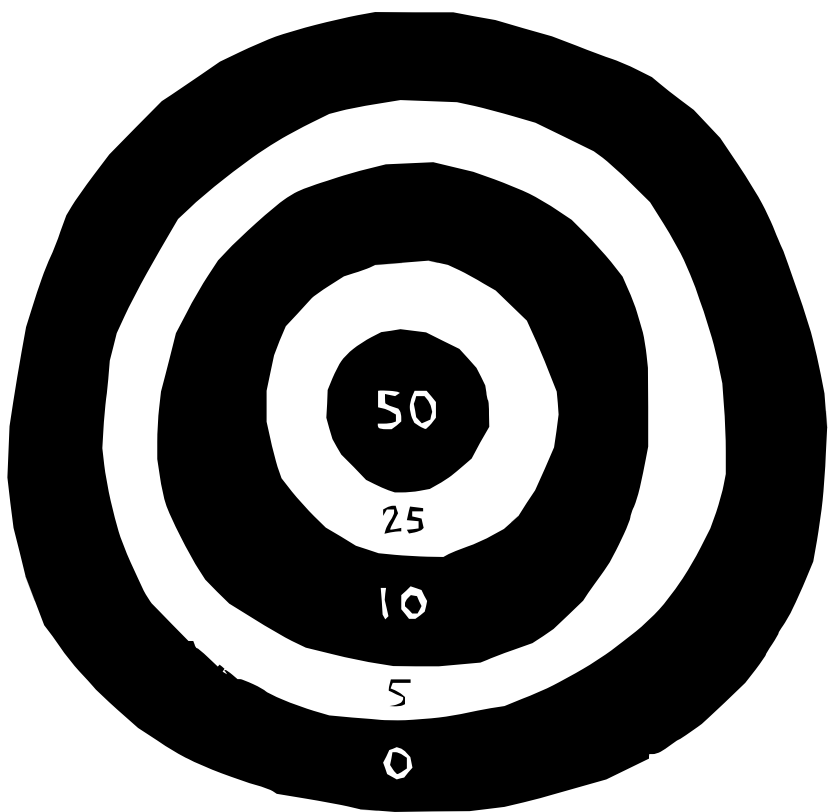
GET THEM DIRTY THEN PRESS DOWN.





COLOR THIS ENTIRE PAGE.





THROW SOMETHING

A PENCIL, A BALL DIPPED IN PAINT.



SCRATCH

USING A SHARP OBJECT.



DO SOME RUBBINGS  
WITH A PENCIL.





SCRIBBLE WILDLY,  
VIOLENTLY, *with*  
RECKLESS ABANDON.



**GLUE,**

*staple,*

Ⓞ **R** tape these  
PAGES together.

draw lines  
ON THE BUS, ON A

WHILE IN MOTION,  
TRAIN, WHILE WALKING.



FILL THIS PAGE WITH CIRCLES.





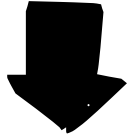
Document your dinner.

RUB, SMEAR, SPLATTER YOUR FOOD.

USE THIS PAGE AS A NAPKIN.



CHEW ON *this.*



**\*WARNING: DO NOT SWALLOW.**



# MAKE A FUNNEL.

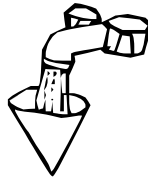
DRINK SOME WATER.



1. CUT  
OUT.



2. ROLL  
& TAPE.



3. ADD WATER  
& DRINK.



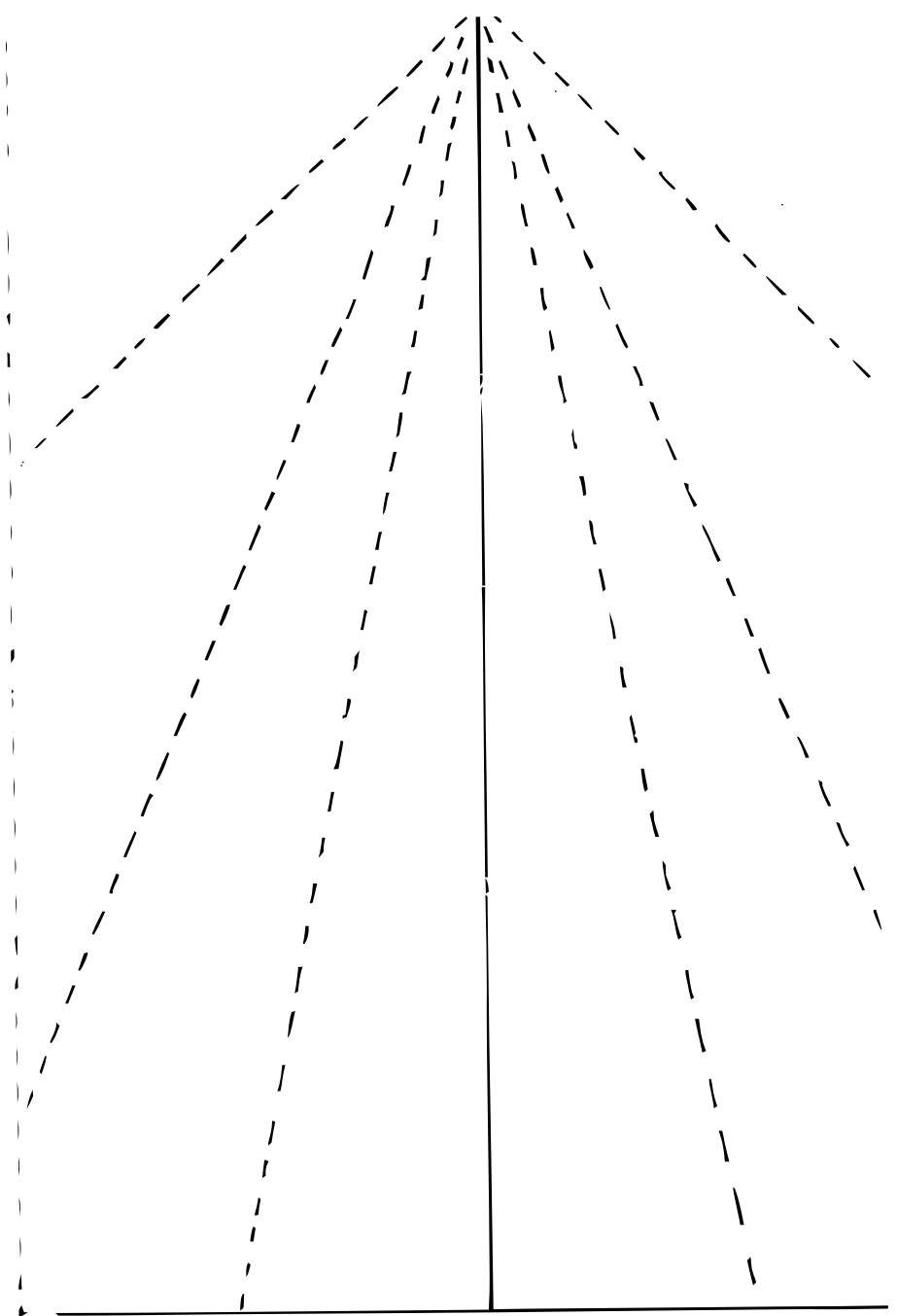
TEAR OUT

CRUMPLE.









MAKE A PAPER AIRPLANE.



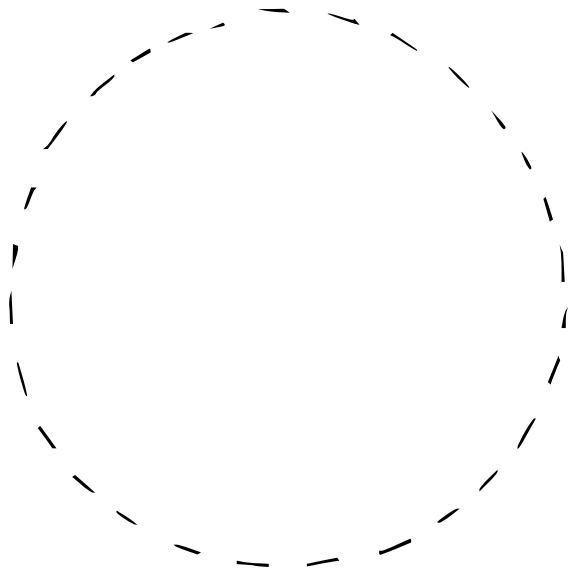


like  
this

WRAP something

WITH THIS PAGE.





# TONGUE PAINTING

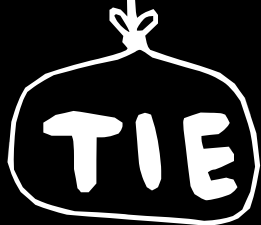
1. EAT SOME COLORFUL CANDY.
2. LICK THIS PAGE.

WRITE ONE WORD

OVER AND OVER.







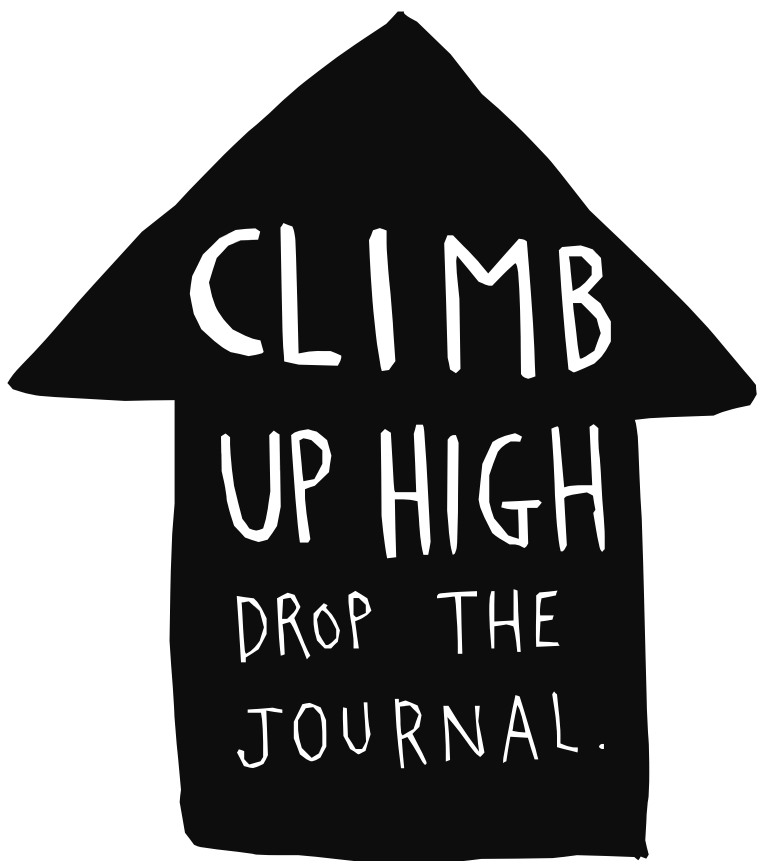
A STRING  
TO THE *spine* OF  
THIS BOOK.

SWING  
WILDLY

LET IT HIT THE WALLS.



PICK UP THE  
JOURNAL  
WITHOUT  
USING YOUR  
HANDS.



CLIMB

UP HIGH

DROP THE

JOURNAL.



compost this page.



watch it deteriorate.



DO A *really* UGLY  
(USE UGLY SUBJECT MATTER:  
A BADLY DRAWN BIRD,

DRAWING



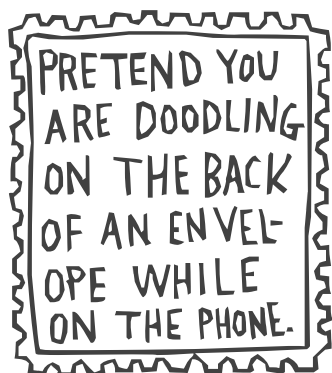
GUM, POO, DEAD THINGS,  
MOLD, BARE, CRUD.)



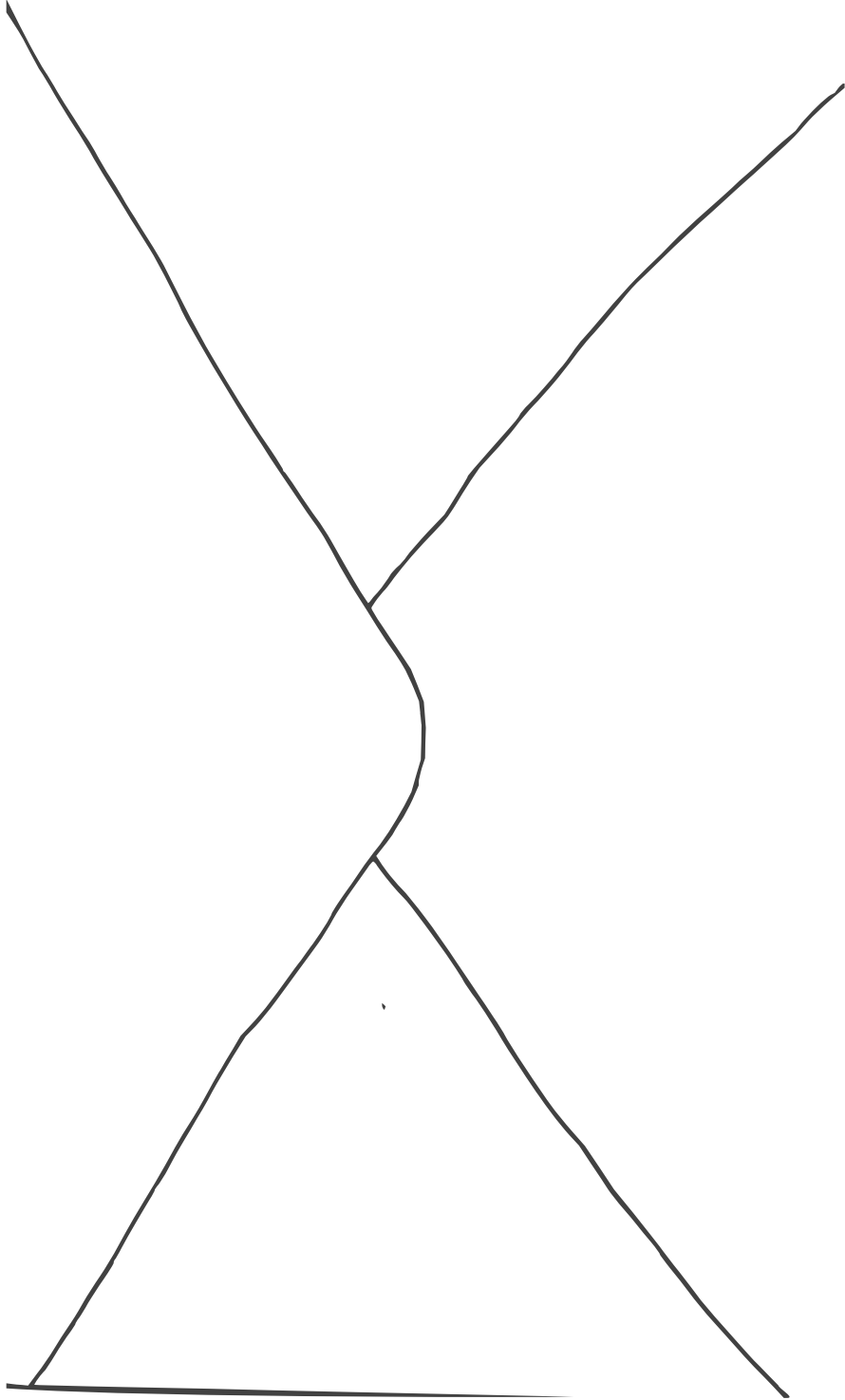


PLACE STICKY  
THINGS HERE.

(honey, GUM, syrup,  
glue, sucker,  
marshmallow)



PRETEND YOU  
ARE DOODLING  
ON THE BACK  
OF AN ENVEL-  
OPE WHILE  
ON THE PHONE.





# JOURNAL GOLF

1. TEAR OUT PAGE. CRUMPLE INTO A BALL.
2. PLACE JOURNAL INTO A TRIANGLE SHAPE.



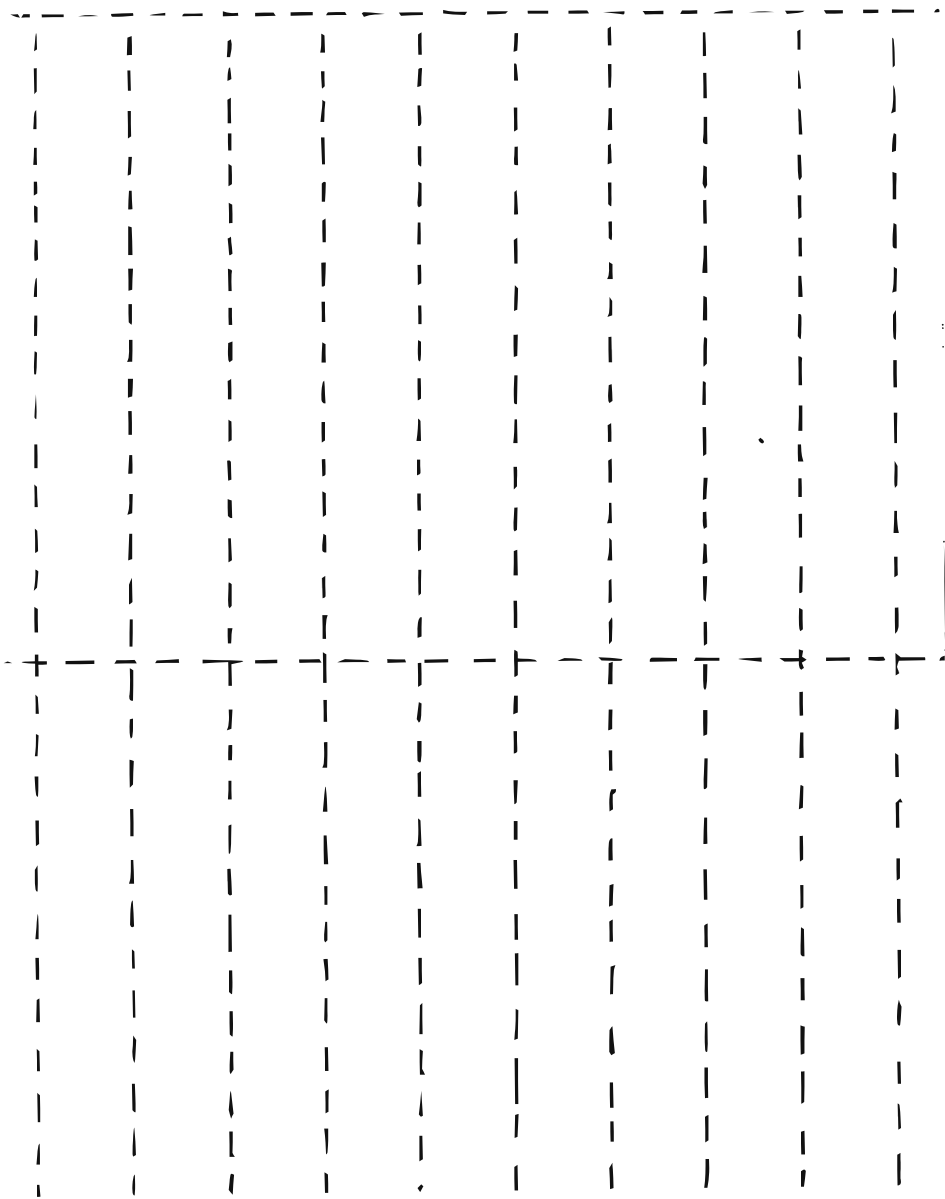
3. HIT/KICK THE BALL THROUGH THE TRIANGLE.







make a paper chain.





COLLECT  
FRUIT  
STICKERS\*  
HERE.

\*STICKERS YOU FIND ON BOUGHT FRUIT.



COVER

THIS

PAGE

USING ONLY OFFICE SUPPLIES.



BRING  
THIS BOOK  
IN THE  
SHOWER  
WITH YOU.



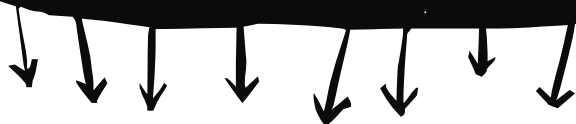


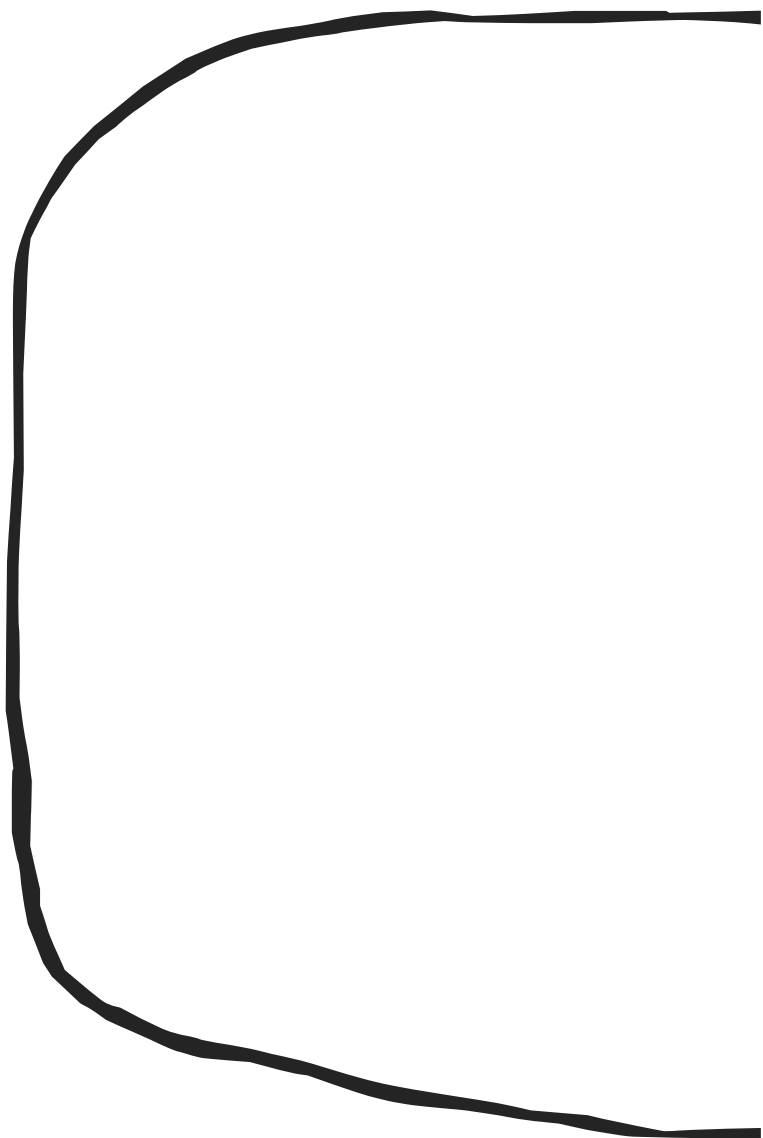
G O F O R A W A L K , D R A G I T .

T I E A S T R I N G T O T H E J O U R N A L .



RUB HERE WITH DIRT.





USE THIS AS A

*test Page*

FOR PENS, PAINTS,  
MARKERS, OR ART SUPPLIES.





DRIP  
SOMETHING  
HERE.

(INK, PAINT, TEA)  
CLOSE THE BOOK  
TO MAKE A  
PRINT.









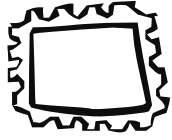
glue A RANDOM  
PAGE FROM A   
NEWSPAPER HERE.



A PLACE FOR YOUR GROCERY LISTS.



COLLECT THE STAMPS OFF  
OF ALL YOUR MAIL.





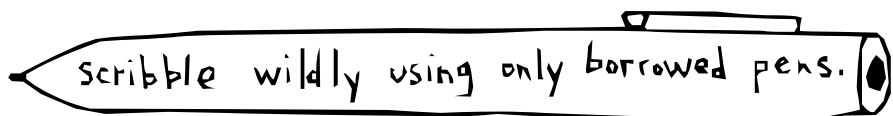


TRACE THE THINGS  
IN YOUR BAG (OR POCKETS).  
LET THE LINES OVERLAP.

**COVER THIS PAGE**

WITH WHITE THINGS.



A hand-drawn illustration of a pen, oriented horizontally. The pen is drawn with simple black lines. Inside the body of the pen, the text "scribble wildly using only borrowed pens." is written in a casual, handwritten style. The pen has a small rectangular detail on its upper side, possibly representing a clip or a button. The tip of the pen is pointed to the left, and the cap or end is on the right.

scribble wildly using only borrowed pens.

(document where they were borrowed from.)



MAKE A  
SUDDEN,  
DESTRUCTIVE,  
UNPREDICTABLE  
MOVEMENT WITH  
THE JOURNAL.





MAKE A MESS.  
CLEAN IT UP.



DOODLE OVER TOP OF:

- THE COVER.
- THE TITLE PAGE.
- THE INSTRUCTIONS.
- THE COPYRIGHT PAGE.

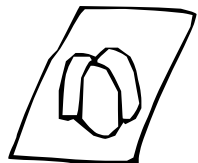
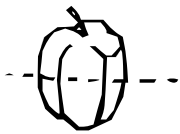
FOLD DOWN THE CORNERS  
OF YOUR FAVORITE PAGES.



Page of good thoughts.

MAKE

PRINTS USING AN INK PAD  
AND CUT VEGETABLES.







ASK A FRIEND  
TO DO SOMETHING  
DESTRUCTIVE  
TO THIS PAGE.  
DON'T LOOK.



WRITE  
CARELESSLY.  
NOW.



GLUE RANDOM  
ITEMS HERE.

(i.e., things you find in your  
couch, on the street,  
etc.)





tear  
this  
page  
out.

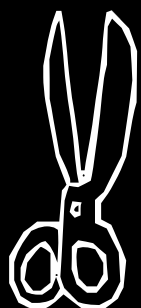
PUT IT IN YOUR POCKET.

PUT IT THROUGH THE WASH.

STICK IT BACK IN.

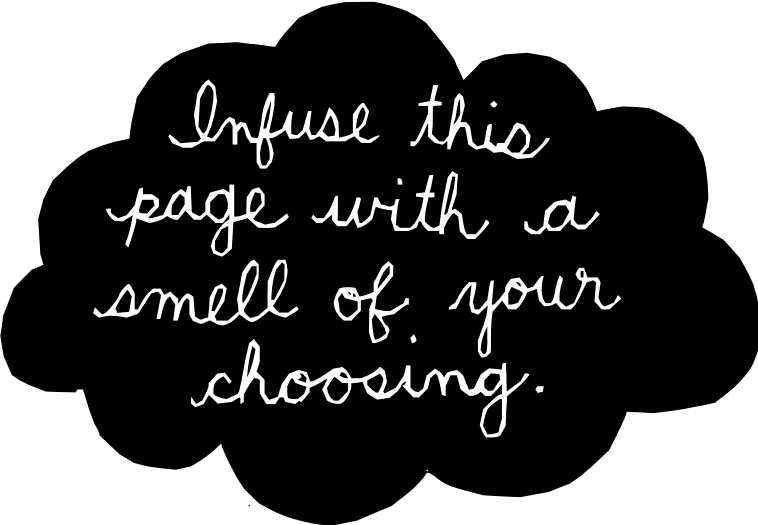






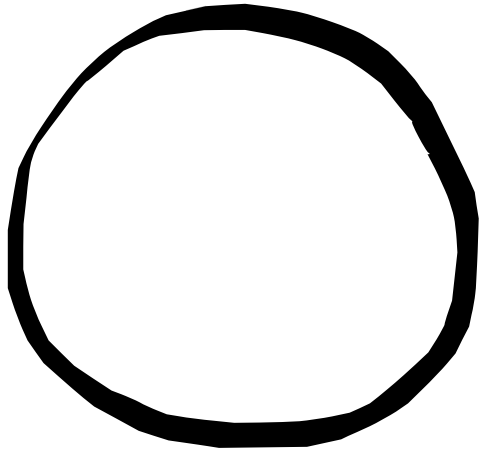
CUT  
THROUGH  
SEVERAL  
LAYERS



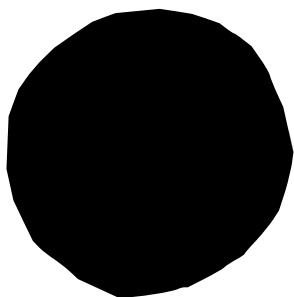
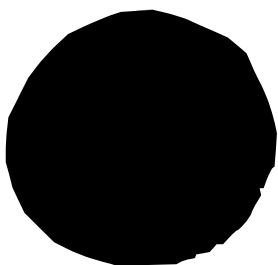
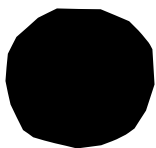


Infuse this  
page with a  
smell of your  
choosing.

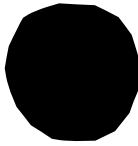
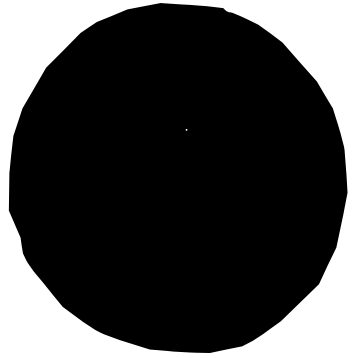
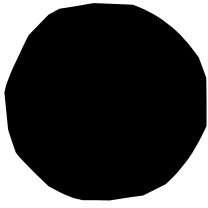




COLOR OUTSIDE  
OF THE LINES.



CLOSE YOUR EYES.



CONNECT THE DOTS  
FROM MEMORY.



HANG THE JOURNAL IN A PUBLIC PLACE.  
INVITE PEOPLE TO DRAW HERE.



# COLLECT YOUR

GLUE IT HERE.



POCKET LINT.

---



trace

YOUR

hand.



A hand-drawn speech bubble with a thick black outline. The text inside is written in a casual, hand-drawn style. The words 'draw with' are in a cursive script, while 'GLUE.' is in a bold, blocky, uppercase font.

draw with  
GLUE.





SAMPLE VARIOUS SUBSTANCES  
FOUND IN YOUR HOME.

DOCUMENT WHAT THEY ARE.  
CREATE COLOR THEMES.

DOCUMENT A BORING

EVENT IN DETAIL.



CREATE A DRAWING USING A PIECE (OR SEVERAL  
PIECES) OF YOUR HAIR.





STICK PHOTO  
HERE.

*glue in a photo of  
yourself you dislike.*

DEFACE.



**DRAW LINES USING**

**WRITING UTENSILS**

**(STICKS, SPOONS, TWIST TIES,**

**ABNORMAL**

**DIPPED IN INK OR PAINT.**

**COMB, ETC.)**



fill in this  
page when  
you are really  
**ANGRY.**

WRITE OR DRAW

WITH YOUR LEFT HAND.



FIND A  
WAY TO  
WEAR THE  
JOURNAL.





this page is a sign.

what do you want it to say?

START

CREATE A NONSTOP  
LINE.



SPACE FOR NEGATIVE COMMENTS.\*

(\* WHAT IS YOUR INNER CRITIC SAYING?)



DRAW LINES  
WITH YOUR  
PEN OR  
PENCIL.

LICK YOUR FINGER  
AND SMEAR  
THE LINES.





LOSE  
THIS  
PAGE.

(THROW IT OUT.)

ACCEPT THE LOSS.



A PAGE *for* FOUR-LETTER  
WORDS.



GLUE IN A PAGE FROM A MAGAZINE.

CIRCLE WORDS YOU LIKE.

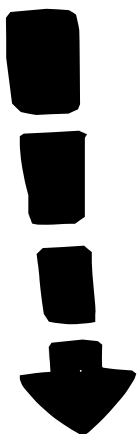


write with the pen in your mouth.





GIVE  
AWAY YOUR  
FAVORITE  
PAGE.





.drawkcab etirW



DOCUMENT  
TIME  
PASSING.

**THIS SPACE IS DEDICATED**

TO INTERNAL MONOLOGUE.





SCRUB THIS PAGE.



HIDE A SECRET MESSAGE SOMEWHERE IN THIS BOOK.

**SLEEP WITH THE JOURNAL.**

---

(Describe the experience here.)



CLOSE THE JOURNAL.

WRITE/SCRIBBLE SOMETHING ON THE EDGES.







WRITE A LIST OF MORE WAYS TO  
WRECK THIS JOURNAL.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.



# STAIN LOG




# DOODLE OVER TOP OF THIS PAGE ↓↓ AND IN THE MARGINS.

This is not an important piece of writing. The author of this work is writing with the intention of creating a body of text that has little or no meaning. It is merely a texture of sorts that the reader will view as a canvas. Hopefully it will simulate a book that is embedded in your memory, a book you had in your childhood, the one that you secretly wrote in with your crayons. Maybe you were scolded for this by someone.

It could be your first textbook, which you defaced with your pen, prompted by the previous owner's little scrawlings. It was not your fault. Textbooks are destined to be defaced, it is a part of their nature. You are not to be blamed. Anything as boring as a textbook deserves everything it gets.

Are you reading this? You are supposed to be defacing this page. Please stop reading at once! This is your chance to deface something.

Maybe it is not as alluring because you are being told to do it. In that case I command you to cease your drawing immediately! If you make one more mark on this page the author will personally ban you from reading any future books of hers, in perpetuity (or for as long as she continues to make books, which will probably be for a very long time).

There are many things that you could do in place of defacing this page that would be more benefi-

cial. Some examples include going to the dentist, cleaning out your fridge, washing the windows, cleaning under your bed, reading the entire works of Proust, arranging your food alphabetically, conducting a scientific study of polymer synthesis and its effects on the world, arranging your envelopes according to size, counting how many sheets of paper you have in your possession, making sure that all of your socks have partners, documenting your pocket lint (oh, yes you already did that earlier in this book), calling your mother back, learning to speak a new language, reordering yourself sleeping, moving your furniture around to simulate a bus station, experimenting with new methods of sitting that you've never tried before, jogging on the spot for an hour, pretending you are a secret agent, decorating the inside of your fridge, drawing a fake door on your wall with chalk, conversing with your animal neighbors, writing a speech for a future award, walking to the corner store as slowly as possible, writing a positive feedback letter to your mail delivery person, putting a secret note into a library book, practicing finger strengthening exercises, dressing up as your favorite author, smelling the inside of your nose, memorizing *The Elements of Style* by Strunk and White, sitting on your front porch with a sign that says "Honk if you love birds," documenting the plants in your life on paper, smelling this book, sleeping, pretending to be a famous astronaut.



FIGURE OUT A WAY  
TO **ATTACH** THESE  
TWO PAGES TOGETHER.





RUB THIS PAGE ON A DIRTY CAR.



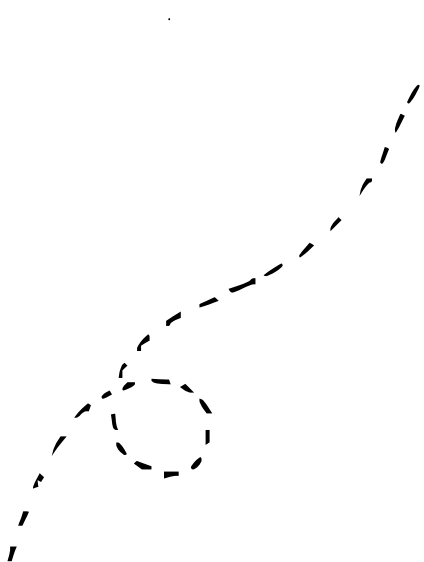
COLLECT  
THE LETTER

"W"

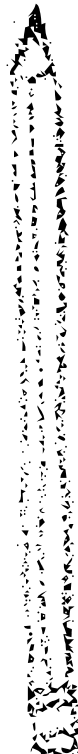
HERE.



X COLLECT  
DEAD  
BUGS  
HERE.







DRUM ON THE  
PAGE WITH PENCIL







FLOAT  
THIS PAGE.





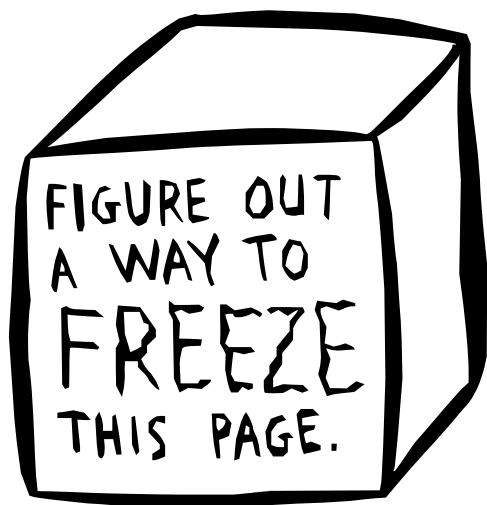
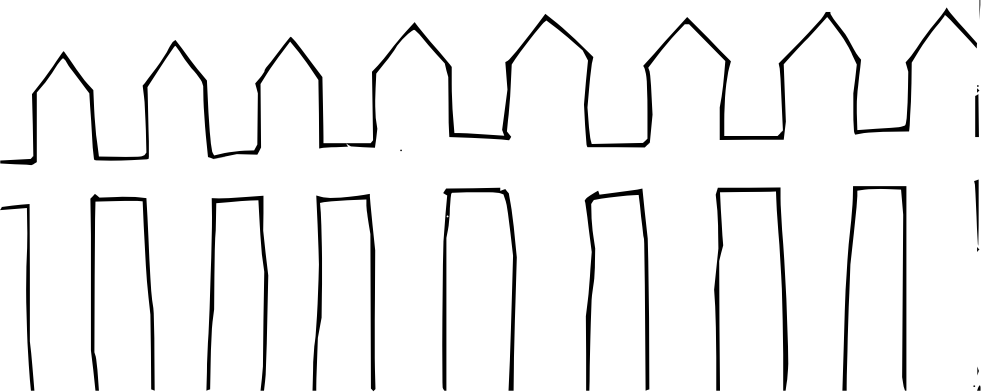


FIGURE OUT  
A WAY TO  
FREEZE  
THIS PAGE.



HIDE THIS PAGE IN  
YOUR NEIGHBOR'S  
YARD.





ROLL THE JOURNAL DOWN A LARGE HILL.





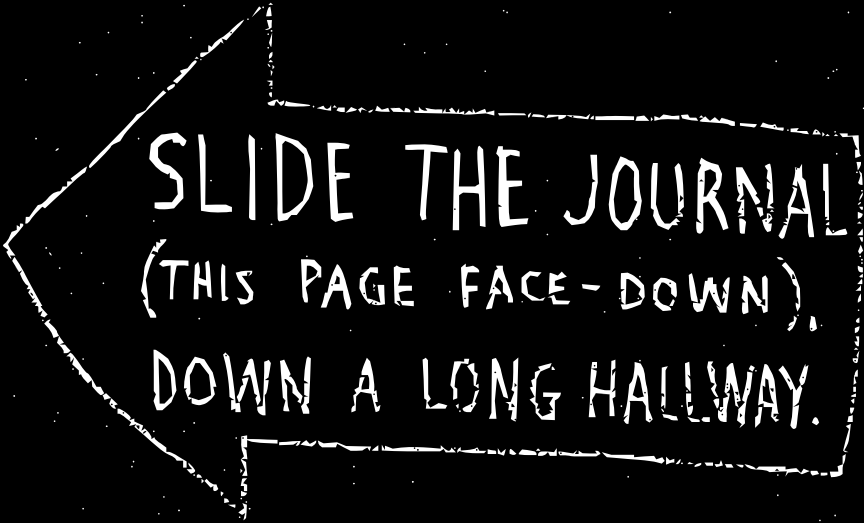
SELL  
THIS  
PAGE.



TURN  
THE  
BOOK  
INTO  
A

SHOE.





SLIDE THE JOURNAL  
(THIS PAGE FACE-DOWN),  
DOWN A LONG HALLWAY.









SCURT  
LIQUID

HERE  
(TRY USING YOUR MOUTH)



COVER THIS PAGE IN TAPE

(CREATE SOME KIND OF PATTERN).



