

FREE WRITE Summary

Paul: What is Free write?

Free writing is a prewriting technique in which a person writes continuously for a set period of time (5-15 minutes). It helps overcome writer's block. In freewriting, the writer turns off the internal editor or censor to create a flow of writing.

The writer usually writes in sentences to form a paragraph, but if individual words or phrases spring to mind, those are written down as well. The writer ignores spelling, punctuation, grammar, topic, and logic, and does not stop or go back to make corrections. If the writer can't think of anything to write, they write that they can't think of anything to write. If the writer feels bored, uncomfortable, or anxious, she writes about those feelings. The writer can wander off topic, letting thoughts lead where they may. Sometimes, a writer may also do a focused freewrite, staying within a given topic.

Johanna adds: Essential "rules" (haha!) of freewriting as formulated by Natalie Goldberg:

- 1) Keep your hand moving.
- 2) Lose control.
- 3) Be specific
- 4) Don't think.
- 5) Don't worry about spelling, punctuation, or grammar
- 6) You can write junk.
- 7) Go for the jugular.

Prompts:

Paul: Write about what's on your mind right now

Write about a time when you didn't know what to do...; or a time when what you were doing felt really right, what you were put on earth to do

Johanna: Tell a story about a patient/family encounter: something that inspired you, that distressed you, or that you just want to think about

Johanna: Group Sharing

- 1, What was it like to write?
2. What was it like to share with the group?
3. What was it like to receive someone's story?

Goldberg, N. (1986). Writing down the Bones: Freeing the Writer Within.

Goldberg, N. (1990). Wild Mind: Living the Writer's Life. Bantam Dell Pub Group.

Elbow, P. Freewriting. <http://faculty.buffalostate.edu/wahlstrl/eng309/freewriting.pdf>

