

Do you want to know where  
writers, scientists and  
students **get their idea for  
writing?**

# Freewriting (or Free writing)

- **Free writing** is a [prewriting](#) technique in which a person writes **without stopping** for a set period of time (5-15 minutes)
- It produces raw, often unusable material, but helps writers [overcome blocks](#) of apathy and self-criticism
- Unlike [brainstorming](#) where ideas are simply listed, in freewriting one writes sentences to form a paragraph about whatever comes to mind.

Like brainstorming,

- **DO** write down every idea you can think of about your topic, no matter how "crazy"; you can judge later! (And no one else is going to see it)
- **DON'T** worry about correct grammar or spelling;

- *Unlike* in brainstorming,
- DO write **in sentence** and paragraph form;
- **DO KEEP YOUR HANDS MOVING**. If you can't think of anything, **just keep repeating your subject** (e.g., “busy trap, busy trap”) or something like “I’m waiting for ideas to come and they will, I’m waiting for ideas to come and they will,” over and over until they do come. (They will!);
- DO feel free to use an *occasional* word from your native language if you can't think of the English word, but don't overdo this;

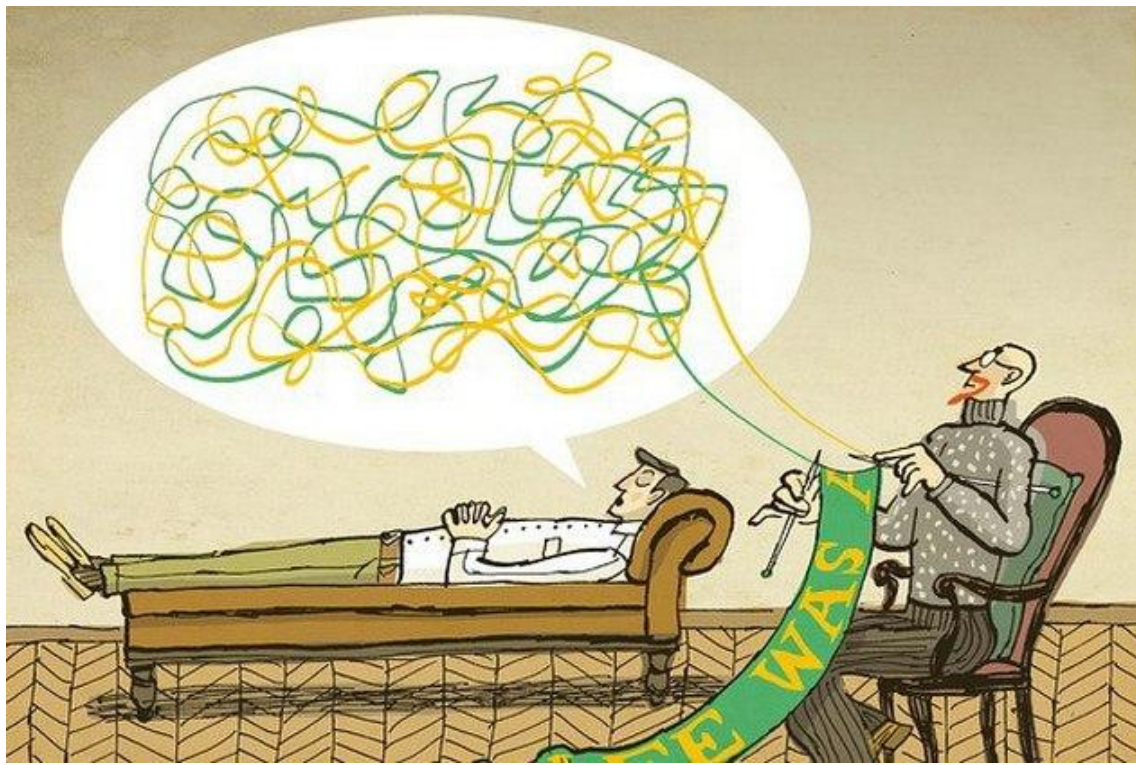
Don't think in order to write,

in stead,

write in order to think!

# Why freewrite?

- A great way to **generate thoughts** on the page.
- If you are experiencing **writer's block**
- If you're struggling to come up with **new ideas**.
- helps to increase *fluency* **second-language learners**
- **Writing (for any purpose) will become a lot easier!**
  
- If you can't **concentrate** on work because of irrelevant thoughts – it helps you get rid of them
- If you are sad/angry/frustrated – it helps you **understand your feelings** (EQ)



- Freewriting is often done on a daily basis as a part of the writer's daily routine.
- Also, students in many writing courses are assigned to do such daily writing exercises.
- There is a technique known as Freeblogging, it combines [blogging](#) with free-writing – but in typing.

The end result may or may not be shared with the public.



- **Freewriting**
- “The consequence [of writing] is that you must *start by writing the **wrong meanings in the wrong words***; but keep writing until you get to the **right meanings in the right words**. Only in the end will you know what you are saying.” —*Peter Elbow*
- “Don’t think; just write!” —*Ray Bradbury*

- Freewriting has a long history in the world of writing and art.
- In the nineteenth century, spiritualists and mediums claimed to use automatic writing to **connect with spirits, ghosts**, and other worldly beings.

# “Lose control!”

- Freewriting is a way of getting in touch with “first thoughts,” which “have tremendous energy”.
- It is the way the mind first flashes on something. The internal censor usually squelches them, so **we live in the realm of second and third thoughts, thoughts on thought, twice and three times removed** from the direct connection of the first fresh flash.”

As writers and thinkers, we believe that **the first thing we say must be perfect and well-formed. Unfortunately, however, creativity just doesn't work that way.**

Creativity needs space and time to make unexpected connections and see the world anew.

- There will always be time later to look back at what we've created during a freewriting session and shape it into something meaningful, useful, or marketable, **but true creativity requires a free flow of ideas.**

- We don't have enough of a chance in our culture to do this kind of thing. We're expected to produce, but we're not often given the **creative space** we *need* to produce – and this space is vital. It's necessary. It's where we play and experiment, where we make connections and form thoughts.

- **Creativity**, in short, happens in the open, liminal (пограничный) space **where we don't think we're working.** And freewriting is one of the best ways into that magical space.

- Prompts

<https://thinkwritten.com/365-creative-writing-prompts/>



Believe