

Free Writing

From Gene Doty's site

web.mst.edu/~gdoty/classes/concepts-practices.html

What is free writing?

- ❑ Free writing is a simple process that is the basis for other discovery techniques.
- ❑ You can't fail in free writing.
- ❑ The point of doing free writing is the process, not the end result.
- ❑ If you follow the guidelines, your free writing is successful.

Free writing guidelines

- ❑ Write nonstop for a set period of time (10–20 minutes).
- ❑ Do not make corrections as you write.
- ❑ Keep writing, even if you have to write something like, "I don't know what to write."
- ❑ Write whatever comes into your mind.
- ❑ Do not judge or censor what you are writing.

Benefits of free writing

- ❑ Makes you more comfortable with the act of writing.
- ❑ Helps you bypass the "inner critic."
- ❑ A valve to release inner tensions.
- ❑ Helps you discover things to write about.
- ❑ Indirectly improves your formal writing.
- ❑ Can be fun.