

FREE WRITING: FRUSTRATIONS

WHAT'S THE POINT?

Normally when we communicate, we make our thoughts sound rational or socially acceptable. Free writing helps us see what is in our subconscious – without it being sanitised. It can be useful for releasing pent up emotions or to help you identify unproductive thoughts.

LET'S DO IT!

There is a big blank space opposite. Take a subject that is currently frustrating you. Use quite small writing and begin to write what you think and feel about the situation. The main thing is not to stop! Don't worry about punctuation, making sense or sanitising what you say because it sounds weird, ugly or strange. Just write.

IF YOU COULD
GIVE VOICE TO YOUR
DEEPEST FEARS AND
MOST AMBITIOUS DREAMS
WHAT WOULD YOU HEAR
YOURSELF SAYING?

REFLECT & QUESTION

Now you have filled the pages with words, read them back. You can choose to read them back right now, or sleep on it.

Is anything surprising?

What do you notice about what you focus on?

Is this situation something you can control, influence or need to learn to live with?

PARTING SHOT

What is one thing you could do right away to make this situation just a little bit less frustrating?