Thought-writing can help get you started on your writing process and create room for new and unexpected ideas and thoughts. Choose a relevant subject, theme or question, set a timer (for example 3-5 minutes – remember to set an alarm) and write from the following guidelines:

• Put your pen on the paper and let your thoughts flow, and write down what comes up – be open to any possible association you make.
• Write uncritically (forget commas and spelling errors)
• Do not read while you write.
• Do not correct anything while you write - write something new instead.
• Do not judge the things you write down – focus on the process and content rather than the form.
• If you get stuck, continue writing the last sentence you wrote, until new thoughts and ideas come up.