

WRITING EXERCISES:

1. HOT PEN/TIMED WRITING (10 Minutes) Don't cross anything out just keep the pen moving!

Natalie Goldberg's Rules for Writing Practice (from *Wild Mind: Living the Writers Life*)

1. **Keep your hand moving.** No matter what, don't stop. Write whatever comes to your mind. Outrace the editor with your writing hand. If you keep your hand moving, the writing will win.
2. **Lose Control.** Let it rip. Don't worry that someone will judge you.
3. **Be specific.** Get in the habit of using nouns, verbs, colors, textures. If you realize you've written a sentence that's full of general vague language, don't scratch it out but make the next sentence more specific.
4. **Don't think.** Stick with your "first thoughts" not your thoughts on thoughts. forget everything else outside of the immediate words you are writing down. Stay with those words, in that moment.
5. **Don't worry about spelling, punctuation or grammar.** That's right! Who cares? Why does this matter? Keep your hand moving and write clearly enough so you can read it later if you want.
6. **You are free to write the worst junk in the world.** Yep, you are. So don't let that fear stop you.
7. **Go for the jugular.** If something comes up while you're writing, keep writing about it. Let it out.

- How can I stay here...?
- Each season brings another memory of you...
- You'll never be forgotten...
- Take it all away...
- Return to me, come back..
- Even though I want to believe...
- From the depths of my soul, I don't want to say that You are never going to open this door again...
- Take me to the edge of pain, I am naked, raw and ready to...
- I have to find my own voice now, my own inner roar...
- No, this isn't true...
- Just let me close my eyes again, so I can find you in the veil of dreams...
- I'll never forget the way you...
- Now, I have to stand alone...
- I hope the thawing will wait
- Little heart, let all the tears fall so the they might heal this hole...
- If I could only feel safe again...
- I can't stop the tears, the rage, the need to latch on...
- I am alive, I am breathing, I am wanting...
- I left myself behind...
- That moment, the sound, the sky...
- If my body could talk it would say...
- Let me tell you about noise...Let me tell you about silence...
- Dear past me...Dear future me...Dear me right now, right here