

## Some Benefits of Group Freewriting:

- ❖ Increases self-confidence
- ❖ Helps build a strong, authentic voice
- ❖ Increases creativity
- ❖ Develops trust in yourself, your writing, and your group-mates
- ❖ Honors your muse and commitment
- ❖ Produces fresh material
- ❖ Provides inspiration
- ❖ Encourages spontaneity
- ❖ It can send your writing in exciting new directions
- ❖ It's fun!

## Points to Remember:

- **First thought, best thought! Process before content! There are no wrong answers!**
- **Keep writing** - Keep your pen moving... have a strategy to keep your pen moving if you run out of words (write "uhhh" or "I don't know what to write " over and over and your brain will get bored soon enough and think of something). Do whatever you have to, to keep your pen moving.
- **Trust your words and tell your truth** - Write whatever comes into your mind, starting with the first thought that comes as you consider the prompt. Just keep writing the words down as they come, whether they make sense or not. Let them flow freely without trying to manipulate or refine as you go. Take risks and don't be afraid to write about what matters to you. Give your voice free rein. It will help it to grow strong and authentic
- **Let your writing find its own form and substance** – Let go of labels, expectations, rules. Don't fuss over prose or poem, fact or fiction, dream or memory. Don't fret over grammar or punctuation. Don't worry about whether you're sticking to the prompt or spring-boarding off into unexpected territory. Feel free to change details such as gender. Just let your pen keep dancing freely across the pages.
- **Don't judge or criticize** – Whether it is your own writing or someone else's, a freewrite is too fresh and too raw to judge or critique. Trust the power of your words and write them down. All the words may not be pretty, but kiss your frogs and keep writing. There is no such thing as bad or incorrect writing in a freewrite. Just write straight and fresh as it comes. You can sift through it for diamonds later.
- **Read your writing aloud** - It gives your words a whole new degree and kind of power to speak them aloud. It lets you hear them in a different way than when they run through your mind. It lets you inspire and be inspired by the rest of the group if people share, developing trust and self-confidence. While an occasional piece may feel too intensely personal to share, and that's okay, for the most part you will get the most out of a writing group if you share your work.
- **Make only positive, non-critical responses, and try not to disparage your own effort** —The effort and feeling put in should be recognized, but freewriting is too raw to judge or critique. (Some groups prefer no response or no response in words at all, but some are looser on this aspect. Make sure your group has an agreement on where to draw the line.)

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Good Resources: *Writing Alone, Writing Together* by Judy Reeves  
*Writing Together - How to Transform Your Writing in a Writing Group* by Dawn Denham,  
Susan Newcomer & Jacqueline Raphael  
*Writing Down the Bones* by Natalie Goldberg