

## **What is Freewriting?**

Freewriting is an associative and creative writing technique that helps you put your thoughts on paper quickly. This method is always helpful if you have problems with formulating your thoughts, if you often come to a standstill while writing or if you are looking for new ideas. Freewriting can also be seen as a kind of written conversation with yourself that helps you to become aware of thoughts, impressions and ideas and to concretize ideas. The writing process forces you to bring thoughts into a linear sequence and make connections. On the one hand this can lead to more structure in your ideas, on the other hand it can bring you to completely new ideas.

## **How Freewriting works**

You should adhere to the following basic rules when freewriting:

- Define a concrete time frame. We recommend 5 to 10 minutes at the beginning.
- Write "go for it." You can put anything you can think of on paper.
- Keep writing, even if you can't think of anything else. The pen should always remain in motion. If necessary, write "I can't think of anything" or similar.
- Correct, change or improve nothing, keep writing.
- Only after the specified time has elapsed do you read through what you have written and mark any interesting positions.

### *Focused Freewriting*

In this variant, before you start freewriting, make a note of the topic you want to write about as the heading. This can be, for example, a question, a word, or the beginning of a sentence. Follow the rules described above. After the writing time has elapsed, read through your text and mark thoughts that seem important to you.

### *Loop-Writing*

Several focused freewriting sequences follow one another. The focus for the following sequence is the core sentence or term of the previous freewriting sequence. In this way you can explore a topic and keep writing "in depth".

### *Version control*

Here, too, several focused freewriting sequences follow one another. The focus, i.e. the heading, remains the same. After each freewriting sequence, read through the resulting text and mark the essentials. After several sequences you can hold the core of all sequences.

### **What is Freewriting good for?**

Freewriting is used to find, explore and concretize ideas and can therefore be helpful in the initial phase of your writing project. Freewriting is also a good warm-up exercise at the beginning of your writing time. It helps you to find your way into writing more quickly. You will get used to writing regularly from the beginning and will develop writing routines more easily (e.g. so-called morning pages).

Freewriting can also help you in the raw text phase if you find it hard to get into the writing flow and spend a lot of time tinkering with individual phrases, rewriting, correcting. Freewriting makes it easy for you to copy and paste a text, whether the phrases are good or not, then you can change and revise them. Freewriting can help you temporarily eliminate the "inner critic" when writing.