

Highest Potential Training

Free Form Associative Writing

This type of writing is free form associative expression and not meant to be beautiful or poetic, although if it turns out to be wise and sensible or poetic that is an added bonus.

Free form writing, can feel awkward, embarrassing, uncomfortable or it may contain great insight and can be quite humbling.

Can help let out strong emotions and be cathartic and cleansing.

When to use:

- When you are feeling free floating anxiety.
- If you have encountered an angry or uncooperative part of your unconscious.
- To resolve persistent anger, agitation, frustration.
- When you become aware you are procrastinating.
- When you are in an agitated state or too upset to think clearly Free Form Associative writing is a technique that will help release some of that pressure and get you focused on what is the issue.

The Steps:

1. Go into a quiet room and allow about 20 minutes undisturbed time to complete.
2. It is essential to write down everything as it comes to you without censorship or hesitation even if it seems silly, or disturbing. The exercise is to just get it out of rumbling around inside.
3. Just start writing to keep the flow of your unconscious going without censorship. Write what ever comes up even if it is “This is stupid, or I hate doing this” or even if you find yourself swearing.

4. As you are writing you may notice “Insights or Aha’s” circle that immediately and continue writing.
5. Don’t stop until you have an intuitive sense of completion. You may experience a sense of calmness, as this is, for some, a form of mediation.
6. Do not read what you have written except for the “Insights” which you will copy on to a clean piece of paper.
7. Destroy the Free Form writing paper and only save the “Insights”.

Tips for getting best results:

- Write without editing or judgment, just let it out, e.g. have your conscious mind stand off to the side while your unconscious vents.
- Don’t stop until you have an intuitive sense of completeness that there is no more to write.