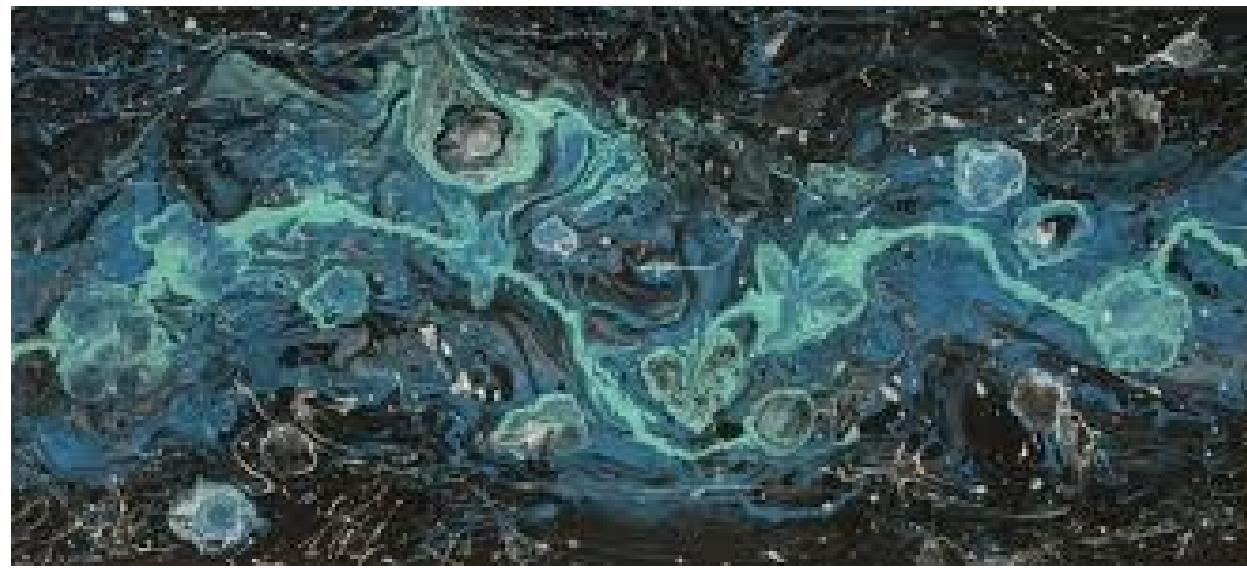


Stream of Consciousness Poetry



- Choose a topic.



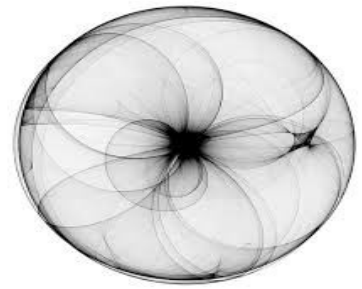
This could be a person, an event, a dream, an emotion, an activity, an item, or something else. It's sometimes easier to start with a broader topic if it's the first time you've written stream-of-consciousness.

- If you're describing something, you should probably have the item in question visible. You should be comfortable—find a spot with the proper lighting, a comfortable seat, and few distractions.





Let yourself go....



- Write! Once you're ready, just write. You don't have to stick to any particular format.
- Write backwards, upside down, or in a shape. You could do a spiral starting from the centre of the page, or a starburst of phrases, or any other shape that seems to work.
- Forget grammar. You don't need to capitalize, punctuate, or even spell correctly. If necessary, make up a word to suit your needs.
- Ignore sentence structure. You could do an entire page of adjectives, verbs, or nouns related to your topic. Or you could do short phrases, or whatever else comes to mind.
- Use different colours of pen or pencil. You could change colours every letter, or every word, or in a way that makes the overall work look pleasing. This can be done at anytime.
- Keep writing until you run out of words.

