

# Automatic writing

by Ellie Middleton



Automatic writing can help us to reveal the thoughts and feelings right in the back of our subconscious minds. The process is simple: you're going to **set a timer** for how long you're going to write. I recommend starting with 10 minutes, but if that feels too daunting for you, you could start with five minutes, or even two (it's likely that once you get started, more and more stuff will pour out of you, but we don't need to scare ourselves off by setting too big a target).

Once you have set your timer, you're going to begin writing and not stop for the entire length of time. It might be helpful to start with a prompt like "I want to talk about..." or, "I wish somebody understood that..." but once you've set off, it doesn't matter what you write, which tangents you head off on, or whether it makes any sense whatsoever; all that matters is that you just keep writing.