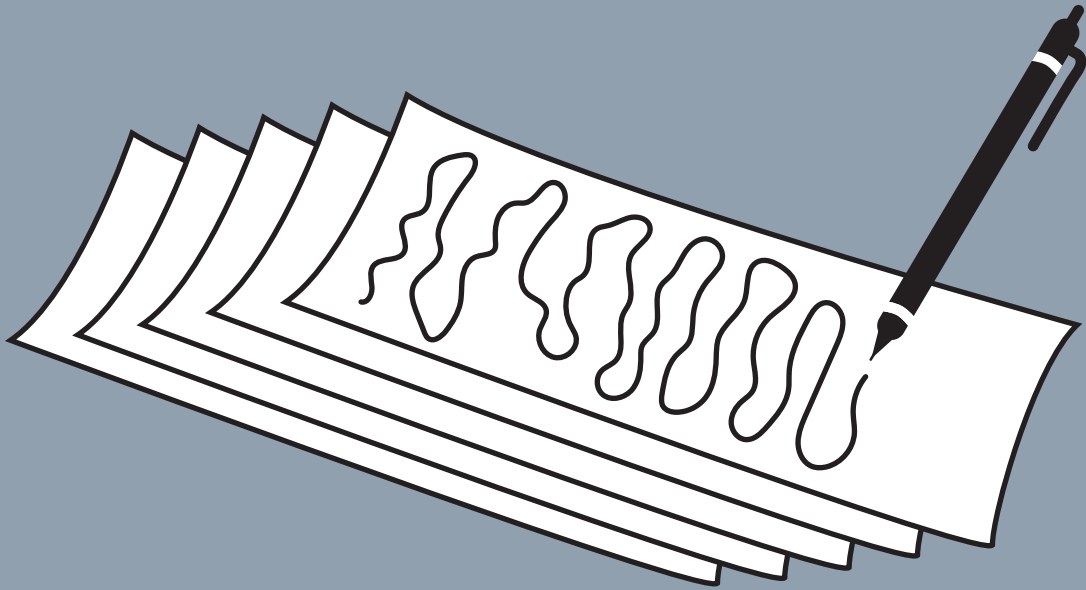


PROCESS METHOD – COLLABORATION: 06. FLOW WRITING



06. FLOW WRITING

Flow writing is an excellent method at any time in a process, as it gives your brain a break where you just "pour" your thoughts out on paper for a short while without judging or evaluating the content. It can be used to give voice to problems or conflicts you might experience in the team, or to formulate questions about the project. It is also useful for brainstorming, to get ideas for a challenge or to find a new approach to a challenge if you feel that you are stuck.

Materials needed: A smart phone with a timer app, or an alarm clock, paper and pen or a computer.

Time required: 5–20 minutes.

How?

1) Find a quiet place where you will not be disturbed and take out your writing tools.

2) Set a time limit of 5, 10 or 20 minutes max. on a clock or a phone that will mark the time and signal the end of the allotted time.

3) Keep writing for the entire time whatever you do! Do not read through your text or pause. Do not pay attention to grammar, spelling or the disposition of your text. Write nonsense text or express why it is difficult to write something if you feel stuck or are unable to write something meaningful.

4) When the time is up, read through your text and mark the most important or interesting passages.

5) If you want, you can do a short flow writing session on each of the interesting words or sentences you have highlighted, thus going deeper into your thoughts or ideas, if necessary.