

Writing Proprioceptive writing
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Exercise 1

Music will be played for about 20 minutes.

Write each idea, thought and word that crosses your mind's eye. Do not take the pencil/pen off the paper and continue writing while listening to your inner voice. It is OK to write anything and everything that you recognize in your head, even repetitions.

Exercise 2

I will read out loud a list of words or phrases, one at a time.

Write the first words and ideas (or other illustrative expression?) that enters your mind and imagination as you listen. Listen, write, listen and keep writing.

Please write in short phrases, not necessarily complete sentences.

A word-based impression that expresses your feelings and thoughts in short phrases. Sometimes your response might be one word but then listen to your inner voice as it considers what might follow.