Automatic Writing

As the name suggests, automatic writing refers to a form of writing that feels 'effortless with freedom from excessive conscious interference'. Automatic writing can be used to gain important insights and therapeutic successes that might not be achieved as easily by other means.

Instructions for 'automatic writing'

1. Find a quiet space where you can sit comfortably in a relaxed state, somewhere where you won't be disturbed. If there are other people, make sure that you ask them respectfully, if it would be okay for them to not disturb you till you initiate the contact.
2. Take a pen and paper and have a glass of water within reach.
3. Before starting to write, take three deep breaths – in from the nose and out from the mouth so that your body starts to relax
4. Acknowledge any feelings that are present; you may be feeling a bit nervous or anxious or challenged. Whatever these feelings are, just know that they are okay.
5. Acknowledge yourself for what you are about to do and remind yourself that you can stop anytime. You can say things like

   "I give myself permission to write freely; I will write whatever comes to me; I also know that I will be somewhat challenged but I can stop any time I wish to"
6. Use your non-dominant hand for writing. If you are right-handed, use your left hand and vice versa. If you are ambidextrous, then use your weaker hand.
7. Start your writing by "Dear One…" where One may represent the name of the person who you are writing to
8. Begin. Just write whatever comes; it doesn't matter whether you can read what you write or you are scribbling. Just continue to write till you have no more.
9. Your body may react; you may feel tension or some strange feelings. If this happens, continue to breathe and write if possible. Feel free to cry if tears come.
10. If you have a medical concern or are feeling alarmingly unwell – STOP immediately and seek medical help.
11. Once you have finished writing, acknowledge yourself for what you have accomplished. Take some deep breaths and walk out of the space.

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12. Please note that these writings shouldn't be passed on the person whom they are addressed to. Either destroy them or keep them in a place where no one else finds them.

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I acknowledge that this experience of this exercise can be challenging, if you have gone through any form of trauma or abuse. I strongly recommend that you seek professional support, should you find yourself distressed and unable to manage what has been brought up for you. if you are feeling suicidal or wishing to harm yourself or others in any way, please contact your nearest medical emergency services.