**Stream of consciousness**

**Intro:**

Get your expressive juices flowing and start writing by doing, well, just that through a series of prompts.

**Page 1:**

**Before we begin**

Some of the prompts are personal and people may respond to this activity in different ways, and for some cases it can prove to be an emotional experience. There are prompts and should take you about 15mins.

**Page 2:**

**The Exercise**

There are three rules: 1) For each Question you will have 3 minutes to write. 2) You are not supposed to ‘think. Just respond just by writing immediately, whatever comes into your

head, even if that is ‘I don’t see the point of this’ etc! 3) You must not take your pen off the paper until the 3 mins are up.

**Page 3:**

**Prompt 1: What does a successful life look like to you?**

Success is a funny concept. What do you want to achieve? Who do you want to be?

**Page 4:**

**Prompt 2: Discuss an experience of stress, anxiety, low mood or other mental health difficulties.**

Describe some thoughts and feelings that you experienced at this time. Did you tell anyone? Who did you tell and how did they react? Did you get out of it? How?

**Page 5:**

**Prompt 3: Discuss a personal experience about feeling good.**

Can you pinpoint 3 things that helped? Write about what helped was it an action, was there anyone who helped or inspired you? Think about a turning point when things started getting better.

**Page 6:**

**Prompt 4: Make a list of all the things that make you happy.**

This one is my favourite. Just go for it. List them out big and small. Savour each one as you write it down.

**Page 7:**

**How was that?**

Self-expression is a difficult thing and stream of consciousness writing isn’t always as easy as it sounds. Reflect on how this activity made you feel including the individual prompts.