**Six Minute Write**

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Instructions for 6 minute write,

1. **Write whatever in your head**, uncensored
2. **Write without stopping** for at least 6 minutes
3. **Don’t stop to think or be critical,** however disconnected it might seem
4. Allow it to flow with **no thought for spelling, grammar, proper form**
5. Give yourself permission to **write anything.**  You don not even have to reread it.
6. Whatever you write will be **right**: it is yours, and anyway no one else need read it
7. Think of a service user you find difficult
8. Who do they remind you of?
9. What would you really like to say to them?
10. What do you wish you had not said to them?
11. How might you characterise why they irritate (for example, childish, bossy, demanding)?
12. Write an unsent letter to this person (which you’ll NVER send): say whatever you wish.
13. Write a final reflective piece about all this.
14. Reread, and reflect upon it.