

## The Write Yourself Free(SM) Overview

An Overview:

*Write Yourself Free(SM)* is built around one simple principle: Writing is single the most important skill in the information age— therefore, *everyone*, from professional writers to those who don't write very much at all, should be able to write confidently and effectively.

To develop this confidence and effectiveness, the *Write Yourself Free(SM)* method is derived from the latest psychological research in writing and learning. We use the principles of cognitive behavioral therapy to get writers confident and focused. No red pens, no brutal critiques.

Unlike traditional methods, *Write Yourself Free(SM)* teaches how to use focused play and storytelling as fundamental skills.

The *Write Yourself Free(SM)* method offers a toolbox of easy-to-use games, strategies, and story models that will free you to communicate clearly, and in the process, gain valuable insights about yourself and your relationships.

Unlike many writing services providers, we're not promising that you'll publish or get an agent. But we will use direct and easy-to-understand techniques to improve your writing.

Unlike other classes or methods, the basis for *Write Yourself Free(SM)* workshops is the basic story ability that every human has. We are born storytellers and story lovers—it's in our DNA—and story structures our lives and our identities. Part of the freedom of *Write Yourself Free™* is how good you feel when you realize how simple and direct writing can be.

In addition, in the *Write Yourself Free(SM)* process, you learn to trust your imagination and the parts of your thinking that aren't always conscious. It's like discovering you have a hidden vein of gold that you can forge into whatever you want.

Workshops:

Typically, each workshop starts with a writing exercise designed to teach a useful principle or technique. The exercises are fun and generate spontaneous responses, and we read our results out loud and discuss how to use what we've learned.

Also, everyone brings in prepared work and reads it aloud every week. The prepared work is whatever a writer wants to work on; it might be a draft of a story or a polished section of a book chapter.

We have writers from all levels in every class because it creates a zone of mutual support and respect for any effort.