

humantold

Brain Dump Writing Prompt

This exercise helps us design areas of our lives where we are stuck, often in patterns of self-sabotage and negative thinking we don't even realize. You can do a brain dump whenever you are stuck in a thought pattern, trying to understand a character trait, or want to build a better relationship with someone. It allows you to 1. get negativity/pessimism out of your system, 2. lessen the power your internal dialogue holds over you, and 3. help you see the subject from a different, more constructive position.

Write down everything that is in your head about the subject. It could be something you fear, something that inspires anger, sadness, etc. Include feelings, frustrations, blame, shame, guilt, excuses, justifications, and doubts, i.e., if you were to put a microphone in your head, what would the microphone hear? Literally dump your thoughts on the page in raw, unedited form. Write in the first person. Allow yourself to be brutally honest, contradict yourself, be evil, crazy, make no sense – it doesn't matter, this is a safe space to just say it all exactly as it sounds in your head. Write until you run out of steam. There's no "correct" length; you'll know when you've said all there is to say on the subject, and you can always come back and add more if you have thoughts later you need to add!
