

<p>SANDRA PERL'S LIST-AND-FREE-WRITE PROCESS</p> <ol style="list-style-type: none"> 1. Make a list. What is going on with me right now? Is there anything getting in the way of my writing today? Make a list of the distractions that might slow your writing process. 2. Make a list or free write. What's on my mind? What might I write about? If you get nothing, ask, What is this nothing all about? 3. Make a list or free write. What other possibilities for writing have I left out? 	<p>READ, REFLECT, and DRAFT A MEMOIR</p> <ol style="list-style-type: none"> 1. Read your lists and/or free writing. Star lines and words that seem important. Then review those starred lines and words, and highlight a line or two that suggest a subject or idea. 2. Write a sentence on the top of a clean notebook page stating a simple truth about you. 3. Identify an event in your life connected to this truth. 4. Tell the story of this event to illustrate what you know is true about you. 5. Insert thoughts as they occur. 	<p>READ, WONDER, PAUSE, JOT TO FIND A TRUTH... THEN WRITE AGAIN</p> <ol style="list-style-type: none"> 1. Read your draft. 2. Ask: Where are there surprises? What additional truth does this surprising detail suggest? <i>These are not huge surprises or huge truths. Look for everyday truths.</i> 3. Reread the entry, pausing to reflect. When you find a surprising detail, action, or observation, pause and jot a thought or truth in the margin. Use that process: Read, pause, jot, as if you are talking back to the text you just wrote. 4. You know what to do next. Write again. Start with stating a truth and write to surprise yourself one more time.
---	--	---

Other Questions to Track a Truth

- Did you discover anything you didn't know before?
- What matters to you? Why does it matter to you at this point in your life?
- What triggered a surprise?
- What happened to you because you behaved in a certain way?

