

Duff

First Tuesday

Dear Everybody,

Our first day was a pretty full and we worked quite hard at both conscious level and at levels deeper than that. I was over the moon with H [redacted] 3.30 feedback that he had written quite a lot and it had somehow not hurt!

I think we have somehow begun to create climate of writing in our group, which is vital for our course. I personally enjoyed my one-to-one work with G [redacted], work that allowed me a window into another person's life of very privileged sort. I was very happy when he edited my account of what he had told me for accuracy of content. There were several instances where I guessed things about him that were not correct. I was also fascinated by the things that he deleted from my account.

I think this Dufeu exercise (Teaching Myself, Dufeu, OUP, 1994) teaches us much about the inevitable areas of **generalization, distortion and deletion**. I am sure that your written accounts will have featured these inevitable aspects of communication, just as mine and G [redacted]'s did.

Today we are going to take a moment to examine the influence of our sensory system on our communication in general and on our writing in particular.

In every line we write we make unconscious sensory choices. Suppose I want to evoke and share with you my 13 Km moped trip from my home on the North Kent Coast to UKC each morning I will find that I use a mixture of visual words, of words from the world of sound and words from the physical realm.

So you can clearly experience this, **please take pen and paper and give a reader some idea of your trip from home to work each morning. Please consciously use imagery from all three sensory areas and from the areas of taste and smell, if relevant.**

Do not write more than 5 sentences.

Once done please read what you have written to two neighbours.

Mentally review the work of three or four of your favourite writers. Is each of them equally strong auditorily, kinaesthetically and visually?

Sensory richness is one of the elements in good descriptive and narrative writing.

I hope today's work, drawing on NLP, opens up some newish ways of looking at writing.

Please keep Wednesday evening free as this is the time for our group supper down in town. A pub has been booked for 7.00 pm.

Warmly yours,

Mario

