



Day 6

Exterior and Interior.

Think of a trip, ideally relatively short. An obvious one might be going for a swim. Others might be a walk, a place you visit on a holiday, a building, someone else's house, whatever you like.

Begin to write about the trip, but give yourself permission to have two elements to the trip.

1. The external landscape.
2. The internal reflection (what does it make the narrator think about, remember, contemplate)

Try to move between the two. Don't worry about joining that movement up, just write it as it comes.

Remember the narrator does not have to be 'you'. The narrator can be a bit of you or a bit of one of your characters or a different version of you or a whole other character. Forgive me for saying this but the 'truth' is in the writing not in the identity of the narrative voice.