

The Memoir Writing Workbook

Memories into Memoir

Right-Brain Tip!

The left side of your brain will want to label the scent you are sniffing or instantly name what it is you are touching.

The right side of your brain will engage with the *feeling* element of the scent or touch and what it evokes within you.

In all sensory exercises the object of the exercise is to stay with your *feelings*. Do not try to label the object or give it a name – that is the left side of your brain being analytical. Stay with your *feelings* and what the exercise evokes within you. In this way you are working with your right brain.