

## Resources for Exercise 2: What's your inner speech like?

In this exercise, we invite you to reflect on your own inner speech and the role it plays in your creative writing practice by considering how you would answer a series of questions. Some of the questions explore what your own verbal thinking is like; others look at the way your characters' voices and thoughts feature in your inner speech.

There's no need to answer all the questions – just have a go at as many as you think will be useful.

- When are you most likely to notice hearing your own thoughts? Are they always spoken in the same voice, or does it ever change?
- How would you describe your inner voice (i.e. the voice you think in verbally)? Is it at all different from the voice in which you speak out loud?
- When you think verbally, are you speaking or listening? Are there times when it feels more like you're speaking or listening?
- Can you make your inner voice speak in a different accent? A different tone? A different volume? How much would it have to change before it stops being recognisable as 'your' voice?
- Are you ever aware of planning out a sentence or phrase before writing it down? Does it ever change by the time it gets onto the page?
- Do you always/ever have a sense of your verbal thoughts being spoken to someone? Is the same true of the dialogue you write?
- Do you have a 'narrator' voice? Is it at all different from the voice you normally think in?
- To what extent do you hear your characters speaking in 'your' voice? What about when you remember the voices of real people?
- How do you know what your characters' voices should sound like? What about the voices of other writers' characters?
- Can you ever hear the thoughts of your characters? Is this different from hearing them speak?
- When you imagine your characters' speech, does it feel more like you're listening to them or speaking on their behalf?