

*Writer's Digest*

January 4, 2016

“How to Brainstorm: Give Your Brain Free Rein”

By: Cris Freese

Whole Webpage

### Reflection Paper

While reading this article titled “How to Brainstorm: Give Your Brain Free Rein”, I noticed that its main goal is to help someone think of ways to brainstorm and how to brainstorm. There are several ways of brainstorming by illustrating, writing down, or just thinking about your thoughts. But now there is proof that we actually have a storm in our brain when we do think about things to an extent. “...a brainstorm occurs when massive amounts of stimulation (you providing input) produce a tightly woven web of neurons that can be ignited to make writing go well. One way to create a brainstorm and fire up your writing brain is to sit down with pen and paper and start generating as many ideas as you think of related to the story you want to tell” (Susan Reynolds). The main key points to this article is that you need to try different ways to get yourself thinking so that you can create a great brainstorm.

Throughout this article I learned some very valuable things that I could use during writing. One of the things is that I could use is brainstorming overall. With brainstorming you can come up with several ideas that will help you with your storyline, characters, and the tone that you give out to your audience. The second reason of why it is very helpful is because it really helps your brain think and exercise itself which is very healthy for your mental condition. Everyone knows that writing and brainstorming can help your mental state which is definitely

true and scientifically proven. I can use these valuable reasons every time I write a story or just a simple statement.

This article has provided me with several reasons of how I could use it for a future project that deals with writing. One reason I could use the tip of brainstorming in the future is because then when I want to write a great story or come up with something unique, then I can just brainstorm and think of great ideas that could help me get what I'm looking for. I also learned that when we hear the word brainstorm we really dislike it because we think it's too much work, but in reality that skill can really help us. Usually when you go throughout your day, you never really over think yourself, but when you get yourself to the point of where you can really exercise your brain it can help you a lot with further writing.

Overall after reading this article, I learned great things on how to use this advice in the future when I write and I know that these skills are very valuable to how a writer can succeed. While writing I will remember to brainstorm no matter what because it will help me in the end of developing the story.

<http://www.writersdigest.com/editor-blogs/there-are-no-rules/how-to-brainstorm-give-your-brain-free-rein>