FACILITATOR GUIDE

# One ordinary detail

20 minutes. Any group size. Paper and a pen are enough. No app, account or submission.

### 0-2 minutes | Set the boundary

Say: "This is a writing practice, not a sharing test. Choose an ordinary, comfortable moment. You may invent a scene, skip a prompt, leave or keep every word private. Nobody collects the letters. Reading aloud is optional."

### 2-5 minutes | Notice the model

Read the fictional letter on page 2. Ask: Which object can you picture? Which sentence tells us what the writer thinks? Where does the letter leave a question unanswered? Discuss the model, not anybody's private experience.

### 5-10 minutes | Draft quietly

Use page 3. Choose a room, journey or small task. Write one object, one action and one thought. Add a question for a later you. Fragments count; there is no minimum length. Offer the fictional-scene option again.

### 10-15 minutes | Revise one line

Underline one broad phrase such as "a great day." Try a replacement that a camera or microphone could notice. Keep the feeling if it matters. Never invent a quotation or memory to satisfy a prompt.

### 15-18 minutes | Optional response

Invite writers to share one chosen sentence, pass, or talk only about the model. Listeners answer: "The detail I could picture was..." Do not interpret the writer, ask for personal history or prescribe a better ending.

### 18-20 minutes | Keep or discard

Each person decides what to keep. Take the paper home, copy it into an existing notebook, or discard it. The free browser workshop is optional. An app install is never needed to complete the session.

FICTIONAL MODEL + REVISION

# A letter from this table

A complete original example. These are invented details, not somebody's private letter.

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Dear future me,

I am writing at the kitchen table on a rainy Thursday. My blue mug rocks unless I slide a folded napkin under it. There is a library book beside the kettle that I have renewed twice.

This morning I took the long way home from the shop. Someone had tied a red ribbon to a bicycle basket. I stopped to look at it instead of reaching for my phone. I would probably forget that minute if I did not write it here.

I keep thinking I need a dramatic story before I can begin a letter. Today I only have a wobbly mug, a ribbon and a book I still want to finish. That feels like enough to record.

When you read this, what is on your table? If the book is finished, was there a sentence you wanted to keep? You do not need to have changed anything. I am just curious about the ordinary day you are having.

From the me at this table

## A revision you can inspect

Broad line: "It was a special morning."

Specific line: "We ate toast on the kitchen floor while the table paint dried."

What changed? The revision names an action and a setting. It does not prove the morning felt special; the writer can add that feeling in their own words.

### Three questions for the group

1. Which detail do you remember after looking away? 2. What remains unknown? 3. Which line would you keep without making it longer?

PARTICIPANT SHEET

# Keep the letter yours

Use a real ordinary scene, an invented scene, or skip anything. No one needs to read it.

## 1 / Place one small thing in the scene

An object, sound or action you can describe without guessing.

## 2 / Write the thought beside it

What did you notice, wonder or want to remember?

## 3 / Ask a later you one question

It can stay unanswered. No prediction or promise is required.

## 4 / Revise one sentence

Replace a broad phrase with one detail. Keep wording that sounds like you.

**Finish privately: keep, copy into a notebook, revise later, or discard.**

Optional free workshop and accessible text: use the resource link below.

**Open the writing-circle resource**

Optional app: Dear You. Free includes one waiting future letter at a time; Plus adds unlimited future letters through an auto-renewing subscription. App details checked Nov 5, 2026. The browser workshop does not save or seal letters.

**View Dear You on the App Store**

Original writing exercise by Honest Little Apps, publisher of Dear You. Not therapy.