

Gabriela Aguilar Castillo

Professor Ian Singleton

ENG 2150

March 1, 2021

Retrace Inward

My inner thoughts and how they transform into language are interconnected. Once I begin thinking of a topic, I start coming up with new ideas and opinions and try to write them down as fast as possible to not forget them later on in the day since I tend to forget certain things awfully fast. However, I often do not think about jotting down my ideas, so instead, I jot down whatever comes to mind as quickly as possible, but the result tends to be several sentences made up of scholarly words to fill in certain words that I have forgotten. Essentially, as I start formulating thoughts about any topic, I try to process them and put them into proper sentences for my audience to understand.

Communication is key in understanding one another, but before communication, one needs to think of words and use them to form sentences, which is where inner discourse comes in. Inner discourse is a process of connecting thoughts with language where you speak internally to yourself, as you are your own audience, and then externally write about them through concise wording to get your point or opinion across. For instance, as a teacher starts speaking about a topic, we students are prone to have questions, so we start brainstorming words to form a question in hopes of receiving

an answer that we do not have. Though there are times where I can be studying a certain topic, and my mind begins thinking about something else, which leads me to a different idea or thought but inner discourse also is useful by helping one make decisions, solutions, or even question oneself. In my opinion, the purpose of having inner thoughts is to formulate sentences to communicate with one another.

As a writer, I know the foundation of creating sentences is knowing many words and understanding how to use them in a sentence. In backward reflection, I wrote about how I recently struggled using “scholarly” words properly, but while writing this inward reflection, I have realized it is because I tend to think that I use subpar words, which leads me to start going on google and finding synonyms for the words I believe are subpar and substitute words that sound smarter.

Inner thoughts become language by the use of words and putting them into a sentence. Inner discourse allows me to make an outline of what I am planning to say while continuously editing my thoughts as I go. Inner discourse, in my opinion, is basically my scrap paper, something that isn't set into stone but instead malleable. Whereas, when I begin to type it up or write it down, it is no longer an inner thought but an open document that others can revise.

Inner discourse helps my thoughts transform into language. Inner discourse helps me put words together to form a thought or opinion to communicate to others. It can be

helpful in many ways by helping me create my writing pieces. The process of connecting thoughts with language can be tough; inner discourse helps me edit my thoughts as I go.