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Stream of consciousness technique is based on associations and images which come to mind when dwelling on certain topics. Let your thoughts flow. It is like an "inside monologue". The text you get after this exercise is quite raw, but it can then be used in creating further writing. This exercise is especially helpful for those writers, who feel depressed, constrained or experiencing writer's block. Not only did James Joyce get inspired this way, other writers did, too, such as Virginia Woolf and William Faulkner. Anton Chekhov also followed stream of consciousness writing style. Eager to see how this writing technique could look in real life? Here is an abstract taken from "Mrs. Dalloway" by Virginia Woolf: "What a lark! What a plunge!"