**Turning Thoughts into Sentences Sample**

**Part I:**

Step 1: See annotations.

Step 2:

1. Topic: Body v. mind

Theme: Living is done by the body, not the mind.

1. Topic: Control

Theme: You have to let go to gain control of (and find) yourself.

Step 3:

Thesis: Living means letting go of mental control.

**Part II:**

Step 1:

Topic sentence: Living is done by the body, not the mind.

 **B**ackground—Consider how *Shut up and Dance* begins with a command:

 **E**vidence—“don’t you dare look back.”

 **A**nalysis—The direction refers to “look[ing] back” figuratively, not literally, as the singer is stuck in the past—and his mind.

 **R**elate— It turns out that “look[ing]” literally, and physically, is the solution, as the next instruction is to “keep your eyes on me.”

Step 2:

Living is done by the body, not the mind. Consider how *Shut up and Dance* begins with a command: “don’t you dare look back.” The direction refers to “look[ing] back” figuratively, not literally, as the singer is stuck in the past—and his mind. It turns out that “look[ing]” literally, and physically, is the solution, as the next instruction is to “keep your eyes on me.”

**N.B.** You may need to BARE more than once to fully prove your point and develop your ideas:

**Full Sample Body Paragraph:**

Living is done by the body, not the mind. Consider how *Shut up and Dance* begins with a command: “don’t you dare look back.” The direction refers to “look[ing] back” figuratively, not literally, as the singer is stuck in the past—and his mind. It turns out that “look[ing]” literally, and physically, is the solution, as the next instruction is to “keep your eyes on me.” The singer continues to resist, but is simply told to “Shut up and dance.” This makes his options clear: either think and do nothing or dance and live. It is only after taking the dance floor that the singer is “looked at” in return and “fe[els] it in [his] chest.” You must “fe[el]” physically in order to feel emotionally. He not only feels new love, but also seems to see his entire future laid out before his eyes. He now “kn[ows] [they] were bound to be together.” But this emotional understanding comes at the price of metal understand, as the singer found himself on the dance floor but doesn’t “know how it happened.” Whether “look[ing]” or “kn[owing]” it is clear you can only have one: the body or the mind, the future or the past. But only the meaning attached to the body can truly be considered living. Living is a present, rather than past, tense word for a reason.