

The macro code for rapid script extraction is shown below. For instructions on how to add it to your word document, follow the steps on page 2.

N.B. Documents with macros will usually get rejected by email servers, so make sure it's removed if you need to send it to a client!

```
Sub ExtractText()
  Dim cDoc As Word.Document, nDoc As Word.Document
  Dim cRng As Word.Range, nRng As Word.Range
  Set cDoc = ActiveDocument
  Set nDoc = Documents.Add
 Set cRng = cDoc.Content
  Set nRng = nDoc.Content
  cRng.Find.ClearFormatting
  With cRng.Find
   .Forward = True
    .Text = "["
    .Wrap = wdFindStop
    .Execute
    Do While .Found
      cRng.Collapse Word.WdCollapseDirection.wdCollapseEnd
      cRng.MoveEndUntil Cset:="]", Count:=Word.wdForward
      nRng.FormattedText = cRng.FormattedText
      nRng.InsertParagraphAfter
      nRng.Collapse Word.WdCollapseDirection.wdCollapseEnd
     cRng.Collapse Word.WdCollapseDirection.wdCollapseEnd
      .Execute
    Loop
  End With
End Sub
```

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- Go to the View tab, and click on Macros in the Window area.
- Name your macro in the Macro name: box. Be sure your name has no spaces between words. For example, ScriptExtract.
- Click Create. You will now be taken to Word's VBA editor.
- Copy the macro script below and paste it into Word's VBA. It will show you where to paste your macro (look for the section that has the same name as the macro you just named). Delete all the text that's there (everything from Sub to End Sub) and paste your macro script into the VBA editor.
- Close Word's VBA editor by going to File, Close and Return to Microsoft Word. Your macro will be saved and you can now use it with any Word document.

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