

Remember This about Fear!



1. Every writer faces fear.
2. Most fears never happen.
3. Many writing fears focus on ourselves (our success, acceptance, happiness, superiority, etc.). But if God called you to write, the process isn't about you.
4. Fear dwells in your head. It's a mind game with yourself.
5. Writing fears change as you move through your career.
6. Fear can propel you to do your best work.
7. Fear can motivate you to start working.
8. Fear grows when you're isolated. It shrinks with support and companionship.
9. Fear dissipates when you focus on the joy of the creative process.
10. Feel the fear and do it anyway. You'll feel good about yourself when you finish.
11. Experiences tackles and reduces fear.
12. Sometimes fear needs spiritual, medical, or therapeutic attention.
13. Your determination to write needs to grow bigger than your fear.
14. Reviewing your writer calling and mission statement can plunge you past fear.
15. Fear usually is temporary, if you act against it.
16. Fear lies about your ability, progress, and outcome.
17. A "reality talk" with yourself can help.
18. You're bigger and better than your fear!

What advice could you add to this list? You can apply much of this advice to your foes.

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