



Facing Your Writing Fears and Foes

A Group or Personal Worksheet

Your Fears

1. How would you define fear as it relates to your writing?
2. Using a large sheet of paper, list all your fears about writing. List every fear you can think of, even the silly and weird ones. We all harbor fears, so don't fear listing your fears!
3. Review your list of fears. Circle your top three fears. In other words, which three fears bother you the most?
4. Why do these three fears bother you and keep you from writing?
5. What triggers these fears? How can you prepare for and respond to these trigger points?
6. What is the worst that can happen if these fears materialize?
7. What good could result if these fears materialized?
8. Writing fears focus on something that "could happen." Why do you hold yourself back and/or worry about something that *might* happen? Or might not happen?

Your Foes

1. How would you define a foe as it relates to your writing?
2. Using another sheet of paper, list the foes to your writing.
3. Review your list of foes. Circle your top three fears. How and why do these foes oppose your writing? Or keep you from writing?
4. Do you ever contribute to this foe's opposition? If so, how? For example, you neglect this person or thing when he/she/it needs attention.
5. How can you confront the problem or opposition with this foe?

6. How can you minimize or resolve this foe's opposition?
7. How can you keep or start writing, in spite of this foe?

Draw It

Draw a picture of your top fear and foe. Then do something to destroy it: stab it; burn it; stomp on it; paint over it. Make this a "stake in the ground" to remember you're bigger than your fears!