



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 or weird ones. We all harbor fear, 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/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 foes. 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 problems/opposition with this foe?
6. How can you minimize or resolve this foe's opposition?
7. How can you keep/start writing, in spite of this foe?

Draw It

Draw a picture of your top fear and foe. Then do something symbolically 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!

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 get to work.
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. Experience 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. You are bigger and better than your fear!

What advice could you add to this list?

Much of this advice also applies to your foes.