



## Getting in the Write Mood

### Inking the Great White Sea

- Sometimes the hardest part is making a mark—so do that. What felt right to you? What felt like fun?
- Why are you here today? What brought you to this seat?
- What are you feeling right now?

### Rapid Fire through the resistance

If you weren't here today, would you have written?

- ☐ Yes  
☐ No

Do you feel good about having written something?

- ☐ Yes  
☐ No

Have you written for your self in the last five days?

- ☐ Yes  
☐ No

Have you written for your work in the last five days?

- ☐ Yes  
☐ No

Do you write in your head?

- ☐ Yes  
☐ No

Do you write on paper or another tactile medium?

- ☐ Yes  
☐ No

Do you write on a non-dedicated device?

- ☐ Yes  
☐ No

## **Unpacking that Resistance**

- What would you have written, if you hadn't come here? Will you still write that?
- What are your feelings right now, having played a little in a writing space?
- How do your writing tools and mediums affect your thinking and mood?
- How is writing necessary for your success?

## **The Hard Bit**

- At what stage in the writing process do you get anxious?
- If you imagine the earliest moment you can remember this particular anxiety, what do you picture? Where are you? Who is there? What kind of writing are you doing?
- Are there writing situations where you don't have these feelings? What do those look like?

## Steps in the Write Direction

- Ways to mimic safer spaces
  - Tools
    - Moving your hands:
    - Alternatives to moving your hands:
  - Community
    - Buddies:
    - Groups:
    - Other organizations:
- Accepting the anxiety and working with it
  - Writing for fun first:
  - Bracketing with other tasks:
  - Start with the easy dopamine:
  - The carrot and the stick: