

GIRL VOICE MEETS

THE FEARLESS WRITER WORKSHEET

This is an exercise in free association. Try not to overthink your answers. Write your responses in the spirit of free writing; set a timer for 10 minutes and just keep your pen moving, or fingers typing.

Complete the following sentences with as many answers as come to mind:

If I were not afraid of “what the critics would say,” I would write . . .

If I were not afraid of “what my colleagues would say,” I would write . . .

If I were not afraid of “what my family would say,” I would write . . .

If I were not afraid of “being derivative,” I would write. . .

If I were not afraid of “being boring,” I would write. . .

If I were not afraid of “wasting time,” I would write . . .

If I were not afraid of “second-guessing myself,” I would write . . .

If I were not afraid of . . ., I would write . . .

If I were not afraid of . . ., I would write . . .

If I were not afraid of . . ., I would write . . .

The trick is to observe what your Inner Censor is saying, then tell it (either gently or harshly) to bug off.

Lastly, state the second phrase in each of the sentences above as an affirmation:

I will write....

Repeat as needed.