Writing, resistance and rhythm

Reflection and understanding | 1 of 2

Explore your process without making productivity a measure of your worth.

Name or initials (optional): _____ Date: _____

1. What do I want to write, and what matters to me about it?

2. What conditions help me begin and continue? What size of writing session is realistic?

3. What happens when I meet uncertainty, criticism or rejection?

Writing, resistance and rhythm

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Where might research, editing or perfectionism be helping or delaying the work?

5. What support or boundary would protect writing time without neglecting other needs?

6. What small writing experiment will I try, and how will I review the process?

My next step / support I can ask for / date to review: