

# Controlling Your Love Hate/Relationship with Writing Worksheet

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This worksheet goes with the audio seminar (or transcript), available from:  
[www.writershuddle.com/seminars/feb2012](http://www.writershuddle.com/seminars/feb2012)

## Key Points from the Seminar

The love/hate relationship is normal. Writing is often hard work (and emotional work) and it's natural to feel some resistance.

There are three stages where this resistance is especially strong:

- The beginning of a new work, when your best plan is to just make a start and keep going (even if your first draft material is very rough).
- The middle of a long work, when strong habits will see you through, plus the willingness to change your plan around if necessary.
- The editing stage, when it's useful to put your work aside for a few days or weeks, and then focus on making it as good as you can.

Seven tips for getting in control of the love/hate relationship are:

1. Don't procrastinate
2. Don't set too many conditions on your writing
3. Conversely, do have some writing sessions that feel special
4. Remember the perfect is the enemy of the good
5. When you're writing, just write
6. Accept that there will be days when you love your writing ... and days when you really don't
7. If you're writing is boring you, make some changes

## Exercises

**#1. Keep a writing journal.** After a writing session, jot down some notes about how you felt before, during and after it.

Once you have several journal entries, look for patterns. Perhaps you *always* feel reluctant to start ... but you feel great once you're underway. Knowing this can make it easier next time you're dragging your heels on writing.

**#2. Write for twenty minutes without stopping.** (Use a timer.) Don't look anything up, check Twitter, read emails, make a coffee ... just write.

If this seems especially weird and difficult, that might be a sign you're spending too much of your regular "writing" time on non-writing activities...

## Further Resources

### Useful Tools

[Dark Room](#) and [WriteRoom](#) – full-screen writing environments

[Tick Tock Timer](#) – an online timer

[e.ggtimer.com](http://e.ggtimer.com) – another online timer

### Books

[Mugging the Muse](#) by Holly Lisle – free for download with any purchase, or you can create a free account to get it.

[The War of Art](#) by Steven Pressfield – the February 2012 Book Group read.