

Writer's Block Detox

Transcript: Week 3 Video

Week 3

Hi, and welcome to week 3!

This week we're going to be revisiting old prompts and exploring your ideas in more depth. This is a really useful thing that you can come back to at any point. You can do it over and over again, you can come back and find answers if you're, say, in the middle of drafting a novel. It's a really useful tool, but if you're finding the thought of doing it intimidating, don't worry because I'm also going to give you regular prompts that you can choose to follow instead.

We're also going to start to look at story. We're going to look at how these little snippets that you've been writing can be developed into longer stories and the ways you might do that, and also we're going to talk a bit about what short stories actually are.

At the end of the week you're going to choose your adventure for next week. You will have three options. The first option will be to continue writing to random prompts. The second option will be to write mini tiny flash fiction, so rounded stories but just within a few hundred words or your time boundary. And the third option will be to write a longer short story that will take you a week to do.

Now, for some of you this might be the stage of the creative process where you have a bit of a slump. I'm asking you to do different things that may be you haven't got your head around and you cant quite see the pay off yet – you can just see that you have to think a bit more about it and you start to wonder if what you're doing is any good, it all feels harder… This is completely normal and what we're doing is not any harder – it's actually really good fun, but this is part of every creative cycle, it's part of any project really – that kind of cycle or creativity tends to go up and down. You need to be aware that there are kind of waves of how you feel about your work that you are going to come across. So what I want you to do is to make plans now about how you're going to deal with it because then if you know that 'when I don't want to write in the morning, I will do this…' 'I'm going to make myself a cup of tea in my favourite mug, have a biscuit, sit down and just look at it', then you're more likely to actually do it, whereas if you don't have a plan to deal with the problems then you're just going to ignore the fact that you have this writing to do. So…I'd like you to have a think about what might get in your way this week. Think about what you are going to do if you do feel like not writing, and also I'd like you to open your diary now ….now…now…now…now…and put some times in because if you schedule your writing time you're much more likely to do it.

Ok…so the other thing that I wanted to say is just remember that what you're doing now is free writing. It's not even drafting, it's kind of the stage before it. This is creative play. You're following random threads of thought and you just seeing what might be there. You're exploring ideas. It's not meant to be good, it's meant to be exciting or maybe it's boring, quite often it's boring…it's meant to be messy, it's meant to be awful, just a big jumble of ideas that maybe doesn't make any sense or that aren't connected, and that's okay. All you have to do right now is to just let yourself play and enjoy it.

I think that's it from me, so have fun with it and I'll see you in your inbox.