

Conjuring Clarity – The Voices in Your Head Worksheet

Writers block to me is all the voices in your head trying to tune out the one voice that has something worthy say.

— Shanet Outing

The next step to having a healthy writer's mind is to identify what YOUR voices say to you. You may have found that some of the examples given in this week's course resonate with you and/or mimic some of your voices.

You may also have many others of your own.

The goal of this **Voices in Your Head Worksheet** is to – even more clearly – identify exactly what your voices say to you.

I like to use the analogy of throwing clay on a wheel to describe writing. A potter can't make a bowl or a vase or a cup without throwing the clay. Only after this step, can she begin to manipulate it into a recognizable, meaningful, and usable shape. The same is true of writing. The same is true of the voices in our heads.

We can't put them in their proper place until we know what they're saying.

Use this worksheet to get your voices outside yourself.

The prompts on the next page are provided as a starting point for you to begin engaging with your inner voices. They're probably powerful because, chances are, they've been around for a long, long time.

If you have voices that compel you to write your book and/or follow your other life dreams, **nurture them.**

If you have voices that strive to keep you quiet and playing small, **they are the ones to silence and put in their proper place.**

You wouldn't have chosen this course if you didn't know that what you have to say matters – even if the knowing is somewhere way, way deep down inside you. You know you have something the world needs to know, hear, and understand. And you know that your meaningful stories and brilliant ideas have a place in the world.



Make a list of what your voices say to you about your writing, your writing dreams, and yourself. Write these as single, self-contained sentences rather than indulge in long passages.

Encouraging Statements	Discouraging Statements

After you have an exhaustive list of the inner commentary, work toward the goal of putting a name to each statement. The statement may have come from someone you've known in your life, they may come from "society," or they may have come from yourself.

The good news is that, ultimately, they all come from you. Oftentimes, people throw debilitating comments our way, and other times, we infer meanings from other people's actions, behaviors, and expressions.

In the worksheet below, list the statement, and give its voice a name. It can be a **real person** or it can be a **fictional person** or **other entity**. (I had a client once who realized that many of his inner commentary came from a scaly monster...) It also helps to have a visualization of the voice's owner. So, get creative and **let your imagination create the visuals you need** to see and confront the owner of each statement and voice.

The voice's message	The voice's owner	The owner's appearance

Let this simmer...

...we'll come back to it in Week 4.

