

Building a Positive Attitude about Yourself as a Writer

<b>If you find yourself thinking anxiety-producing thoughts such as ...</b>	<b>... then change your attitude: encourage yourself and tell yourself how to get the job done: Write it in the box below!</b>
1. "Nothing I put down will be any good."	
2. "I can't think of how to begin."	
3. "I intended to write today and I've pattered around instead: I'm a failure."	
4. "I feel inadequate to write this: it's hopeless."	
5. "I strive for perfection in writing."	
6. "I haven't started to write when I intended to, so I might as well blow it off."	
7. "I can't write if conditions are not exactly right."	
8. "I'm not a born writer. Writing comes so hard for me. I don't have the talent."	
9. "I'm not creative."	
10. "I can't write this until I understand it all."	

Write out your own negative attitudes and think up positive attitudes to replace them.

Can't think of a positive? Try these. . .

<b>... then change your attitude: encourage yourself and tell yourself how to get the job done:</b>
1. "It's not doing any good to be so critical of myself. I'll just get something on paper and improve it later."
2. "I don't have to start at the beginning. I'll start somewhere else and write the introduction later"
3. "Everybody procrastinates when writing: it's natural. I just need to expect it and plan for it."
4. "I expect too much of myself. I can learn what I need to know and write down what I learn."
5. "Nobody's perfect ... but I can be competent at what I do. I'll strive for competence."
6. "I can still get something done. I'll just write for five minutes and then I'll be started."
7. "I'm kidding myself. I can get some good solid work done in a variety of situations if I will just let myself."
8. "Most writing isn't talent: it's time and work. I don't have to be a born writer to get this job done; I just need to put in the time and attention."
9. "I'm scaring myself. Calm down. All I have to do is finish this task, this job. My value as a person is not on the line."
10. "If I wait until I know it all, I'll never start, much less finish. I can write the parts that I do understand now."

Source: Adapted from University of Texas, 2007