**TWR - episode 99**

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you're listening to think right revised Episode 99. Hey there, and welcome to think right revised a podcast that offers a peek behind the scenes of productive writing life. I'm your host doctor Katie Lynn. On this episode I want to talk about writing and confidence because this is a topic that has been coming up so much in the writing groups that I've been facilitating and in particular we've been talking a lot about the relationship that each individual member has with writing and in particular the trust that has to get built up between you and your writing so that you can gain confidence, especially when you have to take a break from that, right?

So I've been thinking about this particularly lately because I have been on a writing break from book writing for quite some time. I'm wrapping up the book that I have co-written with a couple of colleagues and also to edited collections one of which came out in the fall. And another of which is coming out this may and I don't have another book project on my plate.

I have consciously not moved in that direction. And I have decided to take a little bit of an intentional break from the book writing and a big reason why I can do that is because I feel confident that when I'm ready to come back the writing will be ready for me as well. Now part of that is because I am still writing.

In other ways I blog and I'm writing for my research projects that I do with Oregon State eCampus and there's just writing is such a part of my life that taking a break from a certain kind of writing just doesn't feel like anything that's really monumental. But it also is one of those things that I realize that I've built up such a relationship of trust with my writing that when I take a break it's like taking a vacation, you know, you know, you're going to come back from that vacation and things are going to kind of go back to normal.

And so that relationship of trust has been really interesting to talk about with my writing group members because it is like a relationship you've nurtured that trust in the same way that you would, you know build up that trust with another person. That it often takes time. It takes time to experience what writing feels like for you when it's going well when it's not going well and it's a friendliness that you develop with your own writing that maybe for not having a great writing day.

You can just kind of you know, laugh it off a little bit and know that you're going to come back next time and see what you can do. So, I think that that trust is really tied to the amount of time that you spend with your writing. And not always on high stakes writing sometimes on the lower Stakes writing like things like blogging where you're not under deadline necessarily for a massive project.

It's not peer-reviewed. It's more reflective writing. It's writing that you're doing for you even if it's also for an audience and I think that by spending that time what ends up happening is you start to develop a kind of familiarity with your writing and you know when you get into those details.

Ups and everyone experiences those dips where you're like, I'm not sure this is going to work out where you get to a point with a piece of writing and you really question if it's going to come together, and I know it's something that I've talked about on this show before and I've definitely experienced it especially with article writing where you get to that point where you realize you have to do a massive structural overhaul in order for it to make sense and part of that is just so.

Because you write out what you're trying to say and it's not always going to come out in the most linear fashion. And the more that you experience things like that with your writing where it's like, oh, this is the point in the writing where I feel like it's not going to come together, but it always works out in the end.

You know that feeling of I've been here before. I know what this feels like and it's okay. I can trust that it's going to be okay on the other side of this. So all that to say I think that confidence in writing comes so much from experience and trying to recognize within that experience different feelings that you might have different patterns that you can recognize of things that happen over and over again often in a certain kind of way and oftentimes these kinds of patterns.

Because they're so familiar. It's like welcoming back an old friends, you know, it's like welcoming the writing back into your life. And so this week I started doing a little bit of writing. I wrote about a thousand words of what might be my next book. I'm not sure it came out. It was an idea that I have been thinking about for a while.

I had made some notes on it months and months ago and I sat down this week and thought let me just let me just put some words on the page. Let me just see what's here and thousand words later. I was like, okay, this is interesting. You know, like this is something that's that's feeling like it could be something and I started to feel that familiar feeling of that feeling I get when I'm starting a book project and you're still.

Feeling it out. You're feeling out the book to see is this really a thing is this going to take me all the way to you know hundreds of pages. And is this going to keep me engaged for months and months of my life, and I don't know yet. I'm still kind of feeling that out. But I have so much trust that the writing is going to show me.

And if I spend a little more time with it, I'm going to get a better sense of if this is what I should be devoting my time to over the coming months or even years and it's also you know that trust allows you to be a little bit playful and to experiment a little bit and just to see what comes because you know, it's going to work out in the end.

So those are just some thoughts on writing and confidence. I have certainly been nurturing my own confidence with my writing really trying to develop that trust and familiarity for years and I can tell you that it does pay off. So I hope that you are in a place of confidence and if you are not it will come I welcome questions that you might have about this component of a writing live so you can always tweet to me at Katie double underscore Linda.

You can email me at contacted Katie Leonard artwork connect with me on Instagram @ KT underscore lender or if you feel so inclined you can write me a letter addressed to Katie Linder PO Box 1621, Albany, Oregon nine seven, three two one. Thanks for listening. Thanks for listening to this episode of think right revised show notes and a transcript for this episode can be found at Katie lender dot work / podcasts think right revised is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose.

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