**\*When You Feel Stuck\***

**Try This**

You might reach a point in your book-writing journey where you just feel…blah.

Maybe you’re tired. Maybe doubts are creeping in. Maybe this whole thing is just feeling hard and you’re not even sure why.

If a moment of stuckness arises for you, try out the following exercise. It might help.

**Step 1: Write down what you feel right now.**

Use an “I feel…” statement.

For example:

*I feel scared that my writing sucks, and I’m worried people are going to read this and think I’m stupid.*

*I feel overwhelmed by the next part of the process. Writing is no problem for me, but when it comes to design, printing, shipping, all that stuff, I feel stuck.*

*I feel nervous about criticism. Once my book is “out there” in the world, what if I get negative reviews? Mean comments? Online bullies? I don’t know if I can handle that.*

*I feel worried that my book is mediocre. I want it to be amazing, not just “okay.” I don’t want to add more “noise” to the world which is already so crowded. I want this book to be great. And I’m worried it won’t be.*

*I feel nervous that my book will be a “failure.” What if I do all this work and then literally 2 people read it?*

***Write your “I feel” statement***

**Step 2: Imagine that it’s not you, but a “friend” who is feeling this way. What words of encouragement would you give to your friend?**

Picture someone you love—a friend, family member, child, client, colleague, someone else you really care about.

Imagine this person just emailed to say:

*I feel scared that my writing sucks, and I’m worried people are going to read this and think I’m stupid.*

(Or whatever your “I feel” statement might be.)

Imagine this person shares how they’re feeling, and then adds:

*Can you please send me some advice? Some words of encouragement? I could really use a pep talk.*

What would you say to them? Write a message to reply back. Here’s a template:

*Dear \_\_\_\_\_\_\_\_\_,*

*You mentioned you are feeling \_\_\_\_\_\_\_\_\_\_\_ right now.*

*It sounds like you’re struggling with \_\_\_\_\_\_\_\_\_. I can relate. I struggle with that too!*

*You asked for some advice. Some words of encouragement. Something to help you feel better and figure out what to do next.*

*Here’s my best advice for you:*

*More than anything else, here’s what I want you to know:*

*I hope that helps. I love you.*

**Step 3: Whatever kind, gentle, loving advice you would give to your friend? Give it to yourself.**

Whatever words of encouragement you would give to a friend…take those words into your own heart.

Whatever advice you would offer to a friend…that’s probably what you should do, too.

You already know what to do next.

It’s already inside of you.