



October Writing & Soul Care Tips

9 Scary Things About Being a Writer (And Why We Shouldn't Give in to the Fear)



Writing can be a scary proposition. I think it's important to be aware of the things that scare us—AND know how to overcome those fears. Now my list has some serious fears, and some things that seem trivial. But truthfully, even if the things that scare us seem inconsequential, they can still affect us.

9 Writer Fears

- 1. Facing the blank page.** It doesn't matter whether it's your first attempt or you're the author of dozens of books. Starting is scary. When I freeze up at the beginning of a new project, the first thing I do is pray. I want to remind myself that this is God's work, His words, and His choice what happens after I'm finished.
- 2. Having to have a professional picture.** I admit it, I don't like having my picture taken. There are a lot of reasons, but all of them are pretty silly. So I've learned to find someone I trust, marshal my courage and do what needs to be done.
- 3. Scheduling my time.** When I first started writing, I like to be in the mood before I sat down to write. But once I made the commitment to take my writing to the next level, I had to learn to write even when I didn't feel like it. That meant developing a schedule. Now a schedule is my best friend, but it took some time to embrace it.





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9 Writer Fears (continued)

4. Telling others I'm a writer. There's something in the writing community (and other professions) called imposter syndrome. That's where you feel like you're misrepresenting yourself. It's hard to feel worthy to call yourself a writer. But here's the bottom line, are you writing? Then you're a writer!

5. Being submissive. I like to do things my way, on my timetable. But the truth is, publishing doesn't work that way. First we submit to God and let Him have control of our words, then we must submit our words to others and humbly accept input.

6. Fighting burnout. Once I began scheduling my time and writing when I wasn't in the mood, I went the other direction and began working hours a day—seven days a week. That's not a schedule anyone can live with. We need to go back to the rhythm God designed us for and make sure we're building in rest and renewal. After all, we can't pull inspiration from a well that's dry.

7. Avoiding the comparison trap. I'm a type A person and a perfectionist on top of that. This means I like to succeed at the things I do. A trap for me, was using comparison to determine my success. The truth is no one's writing path is exactly the same. We look to God for confirmation, not other writers.





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9 Writer Fears (continued)

8. Social Media. Yep social media scared me when I first began writing. It overwhelmed me and made me want to give up—until I asked God how HE wanted me to use social media. For me, it's an extension of my ministry. My words on these platforms can reach people who will never read my books, or anything else I write. He made it clear that my calling was to be a light in the dark. Because social media is continuing to get darker, my calling to stay there is just getting stronger.

9. Constant change. I'm not a fan of change. If my family read this you'd hear snorts of laughter because that's such a HUGE understatement. But life is full of change. Facing the changes in publishing and digitally has actually helped me face big changes in all areas of my life because it's shown me several things: 1. No change takes God by surprise. 2. Change can be a good thing. 3. I can survive when change happens.



Edie Melson—author, blogger & speaker—has a passion to help those who are struggling find the God-given strength they need to triumph through difficult circumstances. Connect with her at www.EdieMelson.com

