

## Unleash the Writer Within

**Why do you write?**

**Ponder this statement: “I write to find out who I am.”**

**Who you are determines what you write.**

**The process of self-discovery**

**Be YOU when you write. (In other words, write with authenticity.)**

When you try to be somebody you're not, you weaken the power of your words. The writing doesn't ring true because it no longer comes from deep within.

“Be yourself; everyone else is already taken.” (Oscar Wilde)

**To write authentically means:**

1. We desire to communicate from the heart and not to impress others.

“If you don't live it, it don't come out of your horn.” (The great jazz legend, Charlie Parker)

2. We relentlessly search to know ourselves and to grasp the workings of the Holy Spirit in our lives.

“If we're going to write well, we must live well—that is, the life we write about must be the life we live.” (Cecil Murphey)

3. We remain open to our own pain—and learn to re-use it in our writing.

“Knowing your own darkness is the best method for dealing with the darkneses of other people. (Carl Jung)

4. We remember that we put *our values* into our writing.

“I did try very hard to tell the whole truth without violating my literary instincts. Good prose is like a window pane.” (George Orwell)

5. We commit to never stop growing as a writer and as a person.

“Each time we write, we stop only when we say, ‘This is the best I can do at this stage of my development.’” (Cecil Murphey)

6. We understand that we are writing for ourselves. We seek to honor God and to influence others, but we start with ourselves.

“Every man’s work, whether it be literature, or music or pictures or architecture or anything else, is always a portrait of himself.” (Samuel Butler)

### **Questions to ask yourself:**

- Am I communicating the message I want my audience to hear?
- Does my attitude match my message?
- Do my words have the ring of truth?
- Am I trying to sound like somebody I’m not?
- Am I hiding among my words?
- Am I honoring my voice?
- Am I being real about my own struggles?
- Am I writing for therapy or impact?

**Your most honest writing becomes your best writing.**

### **Things that can hold us back:**

- Waiting for inspiration
- Criticism
- Naysayers
- Self-doubt and insecurities
- Fear
- Comparison game
- Envy
- Imposter syndrome

**Recommended Resource:** *Unleash the Writer Within* by Cecil Murphey