

Writing Through the Noise: Exercises to Overcome Insults & Stay Motivated

1. The Critic Rewritten

Take a real or imagined hurtful remark someone might say about your writing - e.g., 'No one reads books like that anymore.' Now, rewrite the statement from the perspective of:

- a clueless character in one of your stories
- a bitter rival who's secretly jealous
- your future self laughing from your book launch party

This helps defuse emotional impact through humor and narrative control.

2. The Praise Folder Entry

Write a short note to yourself as if it came from:

- your ideal reader who loved your story
- a respected author complimenting your voice
- a future fan thanking you for changing their life

Save these in a digital or physical folder for motivation.

3. The 'Why I Write' Manifesto

In 200-300 words, write about why you started writing - and why you continue. Use prompts like:

- 'When I write, I feel...'
- 'I keep going because...'
- 'Even if no one read it, I'd still...'

This grounds your writing in personal value, not outside praise.

4. Character Therapy

Write a dialogue scene between you and one of your characters where you vent about a recent insult. Let the character defend you - or challenge your self-doubt. You can also have them give you a pep talk in their own

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voice.

5. Visualize the Comeback

Write a journal entry set 5 years in the future after a major writing success. Describe how you overcame doubt and what you'd tell your past self who was struggling with criticism.

This helps shift focus from pain to progress.