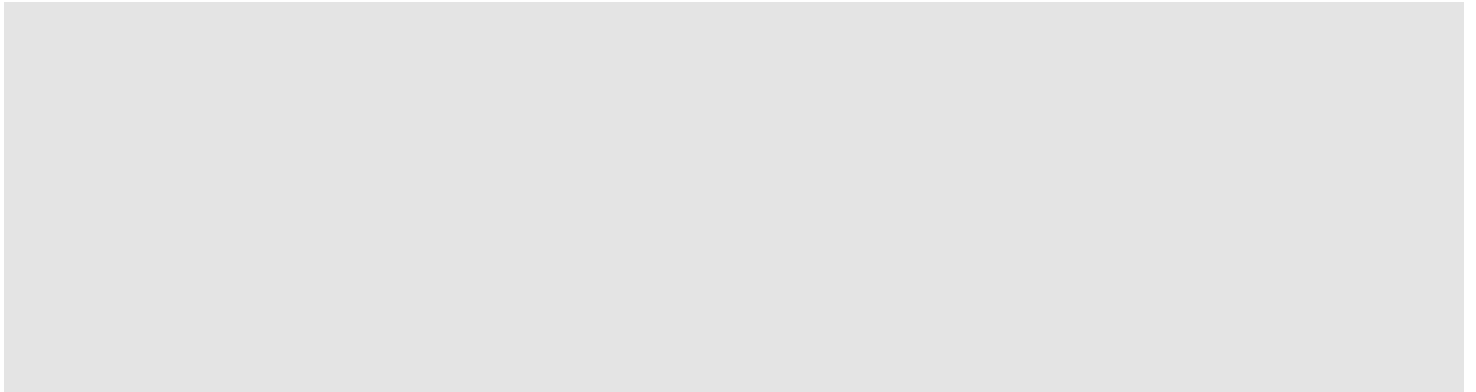

Fear of Writing

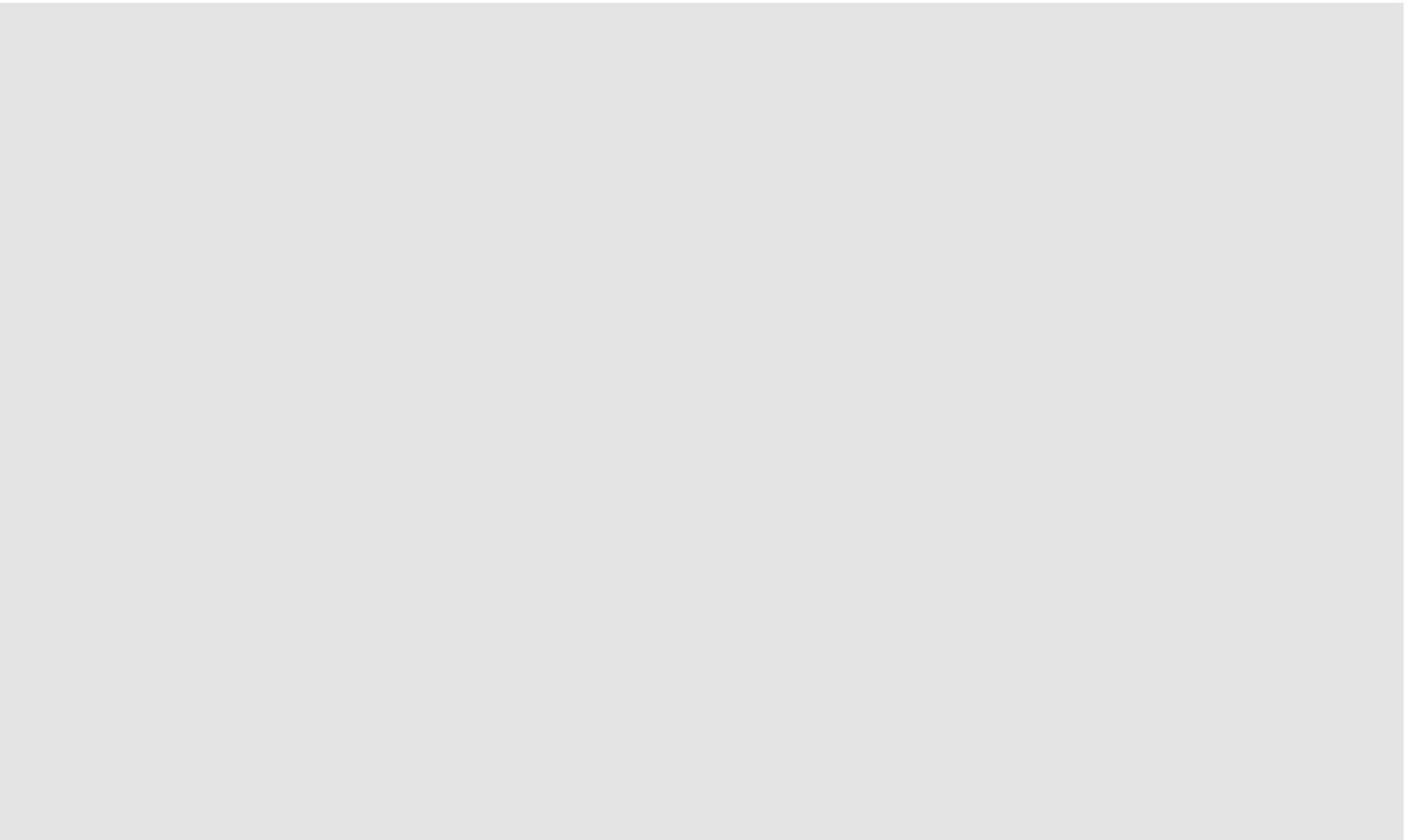
In an episode of my Inside the Writer's Soul podcast, I spoke about overcoming a fear of writing, and realizing that my fear was actually a strength. Use these worksheets to define and get to the root of your fears, or your character's fears.

To listen to this episode, check it out here: <https://mehvishkhan.com/fear-of-writing/>

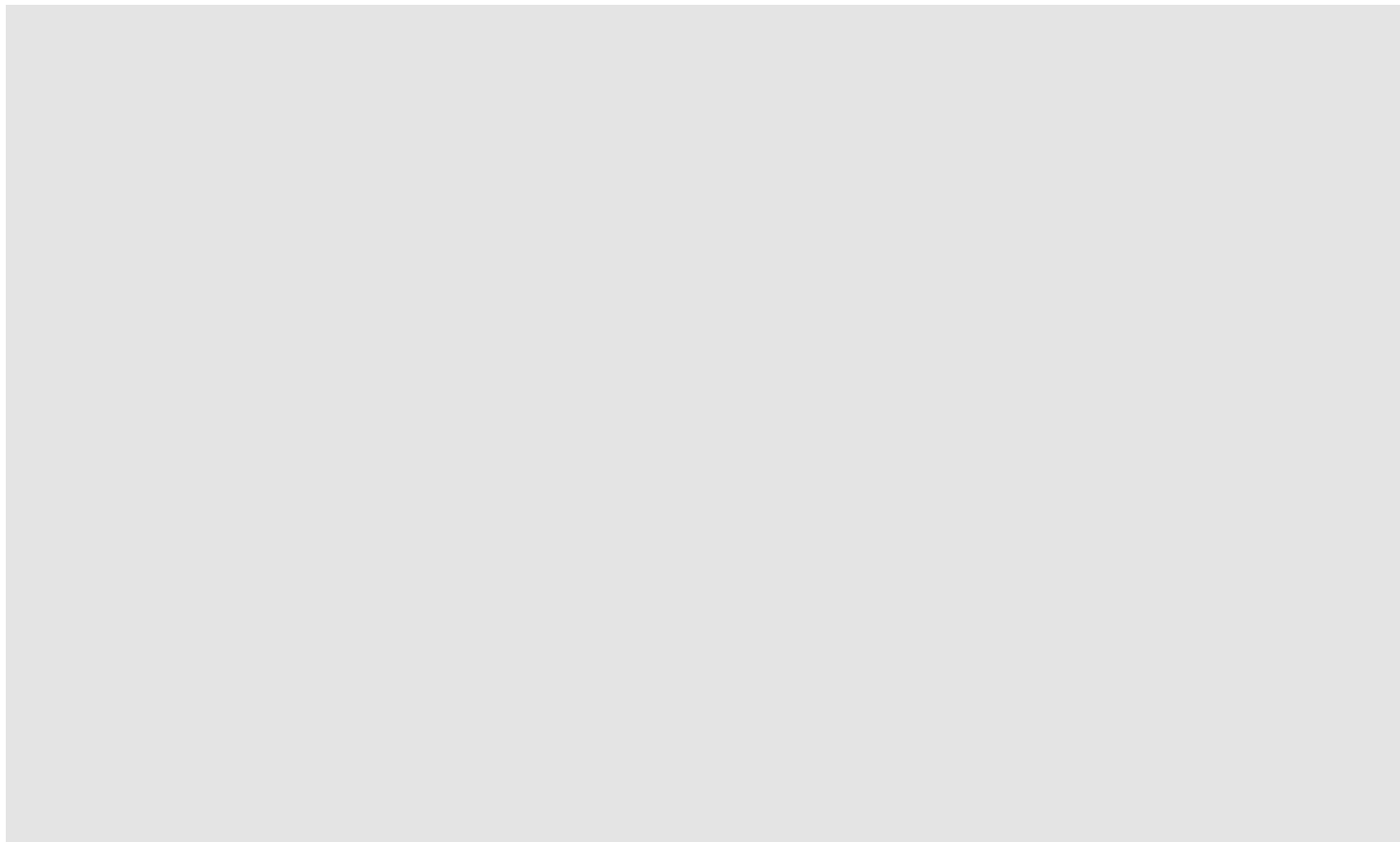
State you or your character's fear here.



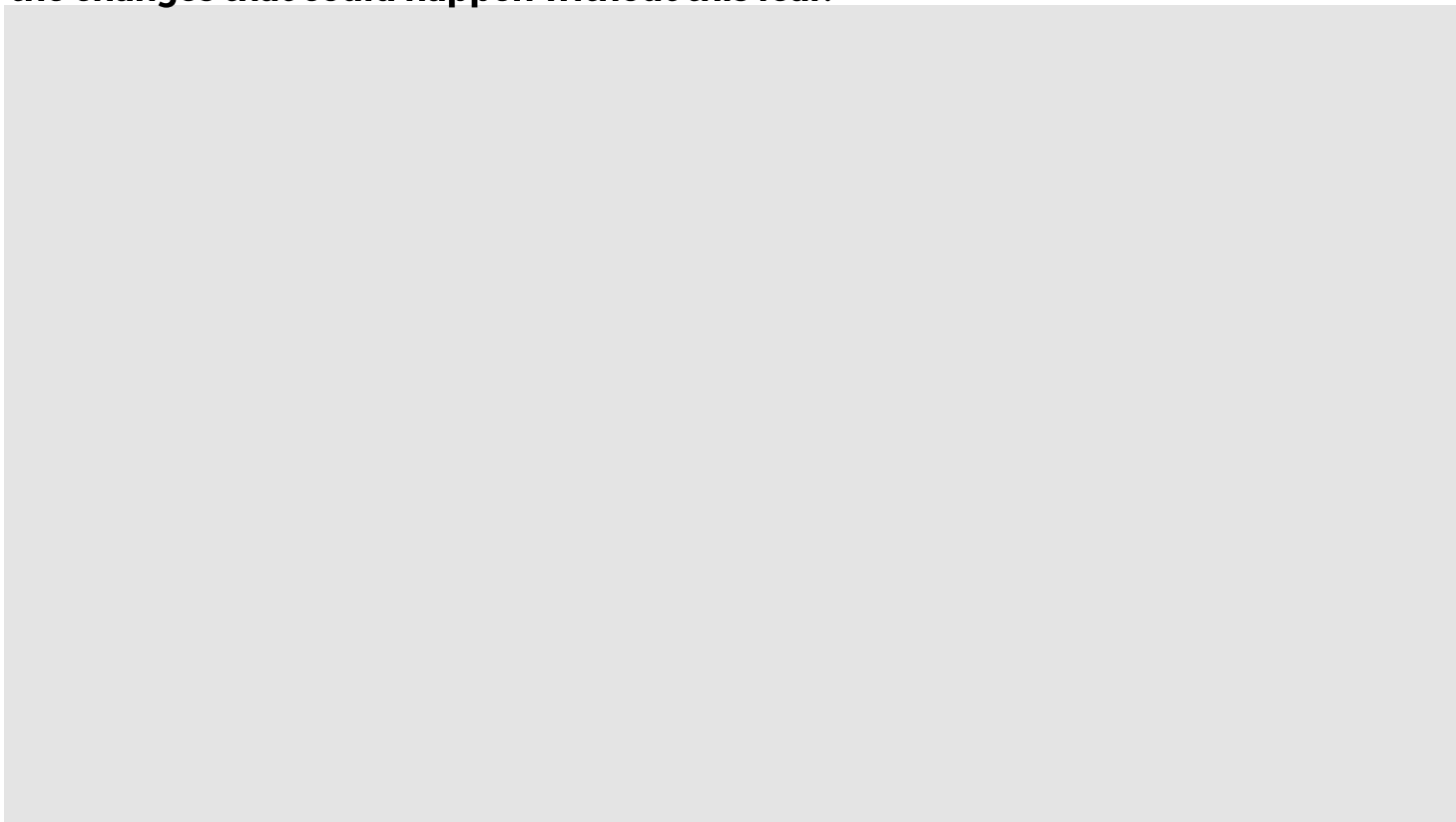
Get to the root of the fear. Is someone else controlling or encouraging this fear? Is it someone in the family? Outside of it?



How will the fear be overcome? What mindset shifts or physical or situational changes need to happen to get over this fear?



If this fear wasn't an issue anymore, what would happen? List all the good things and the changes that could happen without this fear.



Use this space for brainstorming, to note other thoughts, or journal about this fear.

A large, empty light gray rectangular area intended for brainstorming or journaling. It occupies the central portion of the page, bounded by horizontal lines above and below the main text.