2021-09-14

Start

Construct writters’ life

Deconstuting writing

Articulate skills tools

Emotional-cognitove management

Clear up the stressful awfulness

Wrong habits

Healthy vs wrong

Sustainable

Not to kill ourselves

Write for long time

Not in short sessions….

Once a week comes and anxious

Don’t know how to start

Reed ?

Demoralize

Anxious

Mail

Internet

write big block

problem:

time: I have more time, so, I do it slower

then I add hours

healthy sustainable writing life

more and more time?

Hours and hours are not healthy

Healthy sustainable writing session

Long

Often

200-300

Not over 45 minutes

Baseline

Some an hour,,,,

Freq

Depends on goals

Habits:

consistency, at least 3 days a week

A little over two hour a week

Probably start half hour session

Attitudinally

Writing as teaching

Creating, disseminating

Attitudinally as a goal as a teaching

If it’s on the calendar, not doing it - it’s a big deal

Not distracted when teaching

How do we get there;

3 WAYS:

NONE IS SUPERIOR

1. SAME TIME ON CERTAIN DAYS OR EVERY DAY
2. SEQUENCE OF EVENTS, AFTER DOING SOMETHING I ALWAYS DO
3. BY CALENDAR

Don’t set up at time when I’ll be distracted

If in calendar, do it

Don’t schedule in a hurry,

at least a week before and don’t move it

Alarm for 10 minutes before session,

and devote time just for writing

Stop anything else

For writing ritual

Creating habits and mindsets

Doing for many years becoming addictive

As for having a blanket

2 minute meditation

High-tech tool

Sticky note

Mark where to start - follow it

Open computer, and say

how lucky I am for doing this

Habit that we will miss and feel bad

Miss

36 candles….

Not 27 things

Technology off

Internet off

Phone off

Web off

Small technology make us dependents

Even alternative communication for special needs

1 or 2 things for mindfulness

Meditation

Breathing

Craft over time

Self-talk hard

Nasty things we tell ourselves

I have to first

i‘m terrible,,,

45 minutes 1/30 of my day life

Nothing will happen

Life will be better if I write

Brain: I’m not listening, I’m just writing

We want to be rational and

Not oversee the truth

Honest helpful things

Small amounts of messaging

Checklist of what to do if bad things happen

Develop sense of writing life

Enrich career

Not torture ourselves

Don’t feel bad

First part

Cavenan

Intent

jewish

3 times a week

Half hour

Freire’s education for pastors

Homework

Decide in terms of sequence of events

Work on writing on resistances on writing, having schedule,

Write behaviors

Thoughts

Feelings

Writing time

In the bathroom

Consistent n ritual

Next what writing is

Architecture and structure

System in academic writing

Touch base with Bruce

Support research

Not colonial knowledge

Really get them producing the African Asian & LA Social Work to enrich US social work

Writing our mentoring/teaching in GML

Spanish

Deb will ask me

Applications feb 1st

rational for the system

no body talks about what writing means:

it’s nice to have a system, a ritual o do everything the same way: no anxiety to wonder what to do- do always the same thing

writing recording- not really; it’s a method of inquiry – of thinking, of uncover

give ourselver the shot of what in our brain

Brain is not multitask

go to disctionary lead my to loss the train of though

System:

1. free writing (it’s just letting out without censorship – discover what in mind – see what I havem an anarchy ansd craziness  
   no more than 5 mins
2. focused free writing: non judgemental not censoring|  
   technical/psyc error  
   2 rules: clear sense on what – some word length   
   sense of scale how much to do, not having to cut add to ticky notes: what & length -- what do I got give myself a chance to see what’s there – not check spelling, right words…. trust myself…. sometime I get to not having more to say probably 75-80 words  
   Im not screwed: get to where it’s supposed / judging stops
3. Analytical writing: how do I make this work  
   not suposwe dot before.  
   not wording-spelling conceptual check what ì want to say, exoanding, enriching – then search for refs : set timer for 5 minutes, not reading for read, but for writing  
   Hw do I make this particular thing work  
   not even putting rf yet  
   if timer goes off: we re -set timer if I NEED   
   each time – just 5 minutes. – focusing in ideas:  
   not editing-slow, easier if all at the same time, not waste time if I need to drop that|  
   its slower
4. adminsitraive writing: references, tables, transition sentences, titles…  
   not for writing sessions – not wasting time on the less complex  
   not editing while writing lots more faster  
   focus narrative flow  
   last edit is edit backwards by sentence to trick the brain to geto out of narrativeflow and focus grammar and word using
5. 10 mins

system: not have to think writing, follow

steps

internalize

re-write is faster: trust myself, trust my raining, trust the process of writing

not jundge nt recycle….

next week

cognitive bahavioral tools!

notes on whats happening!!!

keep count words

recycle

get all there

10% better at getting sessions

tea

blanket

2 min meditation

process to follow

stay in process focus + analytical

Oct 8

working

workflow

not self discipline

notion of time blocking

categories of time

writing

admin tasks

teaching

study

paper writing

task based

project based

in your calendar and you’ll get to it

task list

by task

clear starting task

order to do it

easiest/fastest first

for RA: once a week and email

phone/internet off to concentrate

big blocs f work things

hours for EACH thing

task lists for each one

structural, not the psychological

URGENT task lists, not just relying in myself

something simple and effective

on task at a time

stay o=in process

not doing but stress of it!!!!!

NEXT: self talking

record thinking in my way

oct 13

answer to beliefs

events not causal

my beliefs-thinking

thinking -> feelings

totally worthless

worst thing

I was lucky

never find

old job : this sucks!

thank god!

young

go on

views of events

we can change thinking to be rational

true and helpful

one sentence at a time

1. de-contextual awareness – analyze from far
2. in-vivo awareness—feelings or behaviors name them meta-cognition
3. disruption—tap in head : get out!/ stop / thankl you for shaing, I don’t have to believe you brain /
4. disputation o challenge—my phd, my writtings, my publishing, my ability to write a sentence,
5. reprogram : we have agency butr we strongly indoctrinated ourselves for years, it takes time to change reprogram, beliefs repetition changes

unconscious is incompatible

2

3

4

5

next another tool

homework play model , I dentify clear thoights ind useful reprograming statements

valuable important ideas to communicate

I wrtite a good sentence

feedback is preference, not problems—deal with that

for next week, a week in advance

don’t beat myself up

I am not inherently

he’ll tell ma bout A-B-C-‘s

Oct 20

not negotiable

time limited help us pushing frward

focused

continuity, not forget where we are

write not judging

know words on section

focus free write: let go

or at least 10 minutes in cheking/organizing notes

notes from literqture

* 1. minutes notes on notes on my reading

separate notes at the end of the day

or keywords -- 5to 10 minutes a day

get it to to-do aSAP

dictating:

organizational whatever go to the to do

dictating can get ideas out

but choos organoztional system

everyday night into notes and put in to do list

focus free writing and editing comes later

writing intensive

nor that wise, little notes make sense dictting

for writing

focus free write- write it

trust myself: trhere are different ways to write that

write everyday no ,atter what

capture thoughts

collects

how do we talk to ourselves?

discovered mi wALLET…

FEAR – ANXIETY - TERROR

ANSWER to perception of the world

CAUSALITY

events:

1. anxious, depressed, kills h9msef
2. joy,
3. sadness, grief, springed to action

**BELIEFS**

, ASSUMPTIONS, INTERPRETATIONS

1. the worse thing
2. this is great
3. this sucks, I’ll get something new

Epitectus

changing people thinks, changes feelings and behavior!!!

I have the agency

victor frankl

agency over mind, therefore feelings

TOOLS

we have agency, it takes a LOT of work

a tape loop the we have played to program us

5 step model:

1. de-contextual awareness  
   what would happen if?
2. I never get that: moment awareness
3. disruption:  
   check out of this  
   I don’t trust you brain – stop! touch my self – stop/brake   
   what I said to myself is NOT TRUE
4. dispute challenge  
   what reasons for not being writer make me stop  
   challenge those thoughts – realistically  
   get to the truth- truth set you free
5. reprograming:  
   card for situations  
   “only reason not to write is blood”  
   ‘’brain will give me reasons”  
   “mi life better if I keep my writing times”  
   “my own life free from techno-capitalism”

focus and analytical writing first

other things at the end of the session-

* administrative writing not when we are at our best brain
* stay present in the moment
* evaluating our thinking

writing healthy and sustainable, keep writing sessions

write on writing sessions, trust ourselves

somthingg else important

oput in calendar

trust myself more if going in the calendar

believe myself

satisfactory life comes from calendar

read form once aday!

not perfect sentences:

must-urbation

musturbation

n. the belief by some ind

patience