

# How Do You Write

Building a productive writing practice can be hard, slow, frustrating work—yet successful academics find satisfaction and joy in that labor, nourished by the pleasures of the process and made stronger by its challenges. - Helen Sword

\* This form will record your name, please fill your name.

## Emotional Habits

1. How would you describe the emotions you typically experience when writing and/or editing your own writing?

2. Recall a time and place when writing that you felt productive/creative/passionate/happy. Identify the circumstances around the positive experience (physical, emotional, intellectual, etc.).

3. How do you handle the vulnerability of sharing your writing with others?  
Do you experience fear, excitement, or a combination of emotions?



## Behavioral Habits

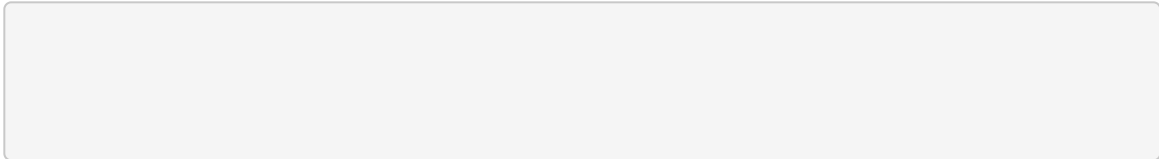
4. Briefly describe your academic writing habits. Where, when, and how do you usually write?

5. Are there any specific rituals or habits you engage in before, during, or after the writing process? If not, brainstorm rituals or habits you think might work for you.

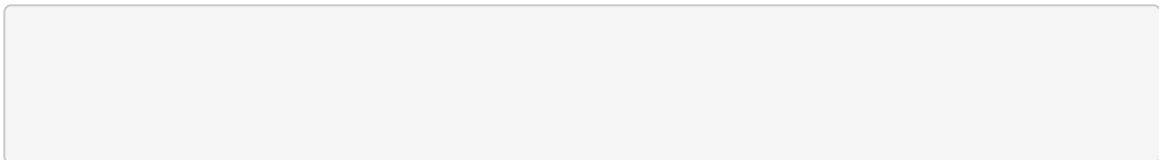
6. Concoct and explain some metaphorical pairings to describe your preferred writing process. (e.g. stew/marinate, blast/sculpt, bungee/map, snack/feast, carrot/stick, cloisters/commons, rough/fiddly)

## Social Habits

7. Think about people who have most influenced or inspired you, what do you find inspirational about them?



8. What methods of giving and receiving feedback do you find the most effective (or least stressful)?



## Artisanal Habits

9. What are the things you love or enjoy (or even not hate) about writing?

10. How would you describe your writing ability and writing skills? What part of writing are you best at?

## Extended

11. Pick one of the following to answer (or create your own):

- Have you ever experienced writer's block, and if so, how did it affect your emotional state?
- How do you handle feelings of self-doubt or insecurity(or other negative emotions) during the writing process?
- Have you ever received feedback on your writing that elicited strong emotional reactions? How did you process and respond to that feedback?
- How do you maintain a healthy emotional relationship with writing, especially during challenging or uninspired times?
- How do you celebrate or reward yourself when you achieve a writing milestone or complete a significant project? How does it make you feel?
- How do other people contribute to your writing?
- Why do academics write, and for whom?

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