

AFTER REJECTION, SILENCE, OR A STALL

The Writer's Recovery Plan

Write this on a steady day. Keep it for the day the writing life knocks the wind out of you.

WHAT HAPPENED – ONLY THE FACTS

THE STORY MY FEAR WILL TELL

Write the harsh interpretation before it starts running the room.

THE TRUER STORY

What would you say to a writer you love who received the same news?

CARE FOR THE NEXT 24 HOURS

Food, rest, movement, prayer, music, company, distance from email – name what steadies you.

THE NEXT SMALL MOVE

The smallest action that returns me to the writing life:

THE PEOPLE I CAN CONTACT

Names, not vague promises to reach out:

RETURN DATE

I will open the work again on _____. A no is information about one door. It is not a ruling on my worth.