

Resistance as a Tool

- Refraining from judging your initial exploratory writing efforts may be harder than the writing itself
- Acknowledge the discomfort and talk back to it in your logbook
- Any time you experience resistance, it might mean you're dredging up uncomfortable material — memories, guilt, fear
 - This might be great material!

**What form should you
choose?**

Consider Writing a Poem if:

1. The sounds of the words and the language engage you as much as the meaning.
2. The sentences develop into distinctive rhythms and patterns of repetition.
3. The sentences do not refer to a specific time or place.

Consider Writing Fiction/Drama if:

1. The question of what happens next becomes paramount.
2. Characters and their relationships have become focal points of your exercise.
3. Scene description and dialogue emerge as significant elements.

Consider Writing Creative Non-Fiction if:

1. A lesson or moral or argument begins to emerge.
2. You want to prove or illustrate some point you touched on or discovered.
3. You want to explore the significance of an actual event.