

# Envy, Fear, Distraction, and Other Dilemmas in the Writer's Life

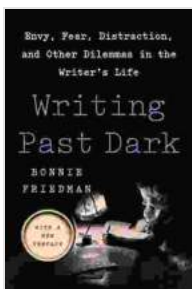


Inkitt

A writer is working  
when he's staring out  
of the window.



BURTON RASCOE



## Writing Past Dark: Envy, Fear, Distraction and Other Dilemmas in the Writer's Life by Bonnie Friedman

★★★★☆ 4.3 out of 5

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The life of a writer is full of challenges and obstacles. In addition to the daily grind of writing, writers must also contend with a variety of mental and emotional challenges, including envy, fear, and distraction.

**Envy** is a common problem among writers. We see other writers achieving success, and we can't help but feel a twinge of envy. We may compare our own writing to theirs and feel like we come up short. This can lead to feelings of inadequacy and discouragement.

**Fear** is another common challenge for writers. We may fear that our writing is not good enough, that we will never be published, or that we will be ridiculed for our work. This fear can paralyze us and prevent us from writing at all.

**Distraction** is a constant temptation for writers. There are always so many other things to do besides write. We may get sidetracked by social media, email, or even the laundry. This can make it difficult to stay focused on our writing and get our work done.

These are just a few of the many challenges that writers face. But it's important to remember that we are not alone. All writers struggle with these issues at some point in their careers. The key is to learn how to overcome these challenges and keep moving forward.

## **Overcoming Envy**

The first step to overcoming envy is to recognize it. Once you are aware of your envious feelings, you can start to challenge them. Ask yourself why you are feeling envious. Is it because you believe that the other writer's work is better than your own? Is it because you feel like you are not getting the recognition that you deserve?

Once you know why you are feeling envious, you can start to address those feelings. If you believe that the other writer's work is better than your

own, take some time to analyze their writing. What do they do well? What can you learn from them? If you feel like you are not getting the recognition that you deserve, focus on your own work and don't compare yourself to others.

It's also important to remember that everyone's writing journey is different. Some writers achieve success quickly, while others take longer. Don't get discouraged if you don't see immediate results. Just keep writing and keep improving your craft.

## **Overcoming Fear**

The best way to overcome fear is to face it head-on. If you are afraid of writing, start by writing something small. It doesn't have to be a masterpiece. Just get your thoughts down on paper. Once you start writing, you will realize that it's not as scary as you thought. The more you write, the more confident you will become.

It's also important to remember that fear is a natural emotion. Everyone experiences fear at some point in their lives. The key is to not let fear control you. Don't give up on your writing just because you are afraid. Face your fears and keep writing.

## **Overcoming Distraction**

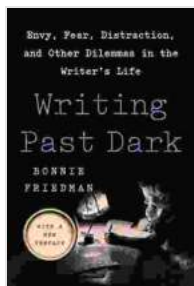
The best way to overcome distraction is to create a dedicated writing space. This could be a quiet corner of your bedroom, a local library, or a coffee shop. Once you have a dedicated writing space, make sure to keep it free of distractions. Turn off your phone, close your email, and put away any other distractions.

It's also important to set aside specific times for writing. When you know that you have a specific time to write, you are more likely to stay focused and get your work done.

If you find yourself getting distracted, try using a timer. Set a timer for 25 minutes and focus on your writing for that entire time. When the timer goes off, take a 5-minute break. Then, set the timer for another 25 minutes and continue writing.

Overcoming envy, fear, and distraction is not easy, but it is possible. By following the tips in this article, you can overcome these challenges and keep moving forward on your writing journey.

Remember, you are not alone. All writers face challenges at some point in their careers. The key is to learn how to overcome these challenges and keep writing.

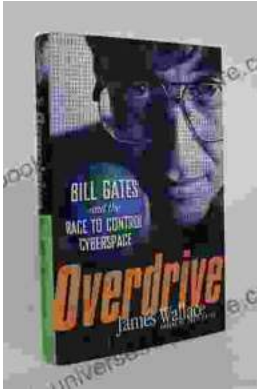


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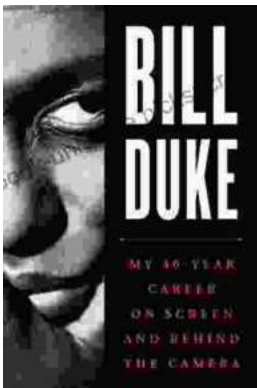
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