



What's the worst that could happen?

Visualize bad feedback

You have a draft. You have worked on it, laboured over it. You are ready to take your work to the next level, you're ready to take the next step, you're ready to move forward. That means rewrites and that means getting feedback.

And yet you don't take action. You're afraid of getting feedback. You're afraid to let go of your work and hear what people think. What if they hate your writing? No one wants to hear that the piece they've worked on, laboured over, is no good.

But you must. It's necessary. Your work will not move forward without rewrites and part of the rewrite process is getting feedback. Feedback acts as a small window into how your writing will impact an eventual audience. This is valuable information.

One way to defuse your fear is to take it to the extreme. What is the worst thing that could happen? Imagine it. Visualize it. Verbalize it. Get every fear out of your head and on to the page. Write them down, make a video, draw a picture, create a collage. Write a scene between you and the person tearing your work apart. Create your fears as the absolute worst experience you can imagine. By doing so, you will guarantee that the worst will never happen. It can't.

And now you know the worst, and you know that it can't possibly happen, get your work out there. Let go of your fear. The worst is off the table and that means the only feedback you'll receive is information that will make your work the best it can be.