

## ***Caryn Mirriam-Goldberg's Writing Groundrules***

When writing on your own or with others, these ground rules can help you have enough support and structure to freely venture to new ground.

1. Don't worry about spelling, grammar, and most of all, making sense.
2. Write what you know as well as what you don't know. Feel free to make things up as well as write about what you actually experienced.
3. Follow your writing, not the suggested exercise, or what you think you should write. Write what wakes you up the most. So if you start writing from one of the exercises on this site, and then get inspired to go another direction, go!
4. Feel free to experiment with poems, stories, dialogues, essays, letters, and whatever other form the writing wants to be.
5. Practice trust. Trust yourself to write what you need to write, how you need to write it.
6. Treat all newborn writing with great respect and tenderness so that it can grow. Remember that what you're writing is a first draft. Just like you can't weed too much around a seed that just sprouted, you can't edit too much around your newborn words.
7. If you're happy with what you write, that's fine. If you're not, that's fine too — you're just priming the pump for what will come later. Treat your writing as a practice, something you simply practice for the joy and surprise of it.
8. Strive, as much as possible, not to compare your writing with the writing of others, and not to critique, interpret or analyze away what your writing is trying to show you.
9. Treat all you do as a delicious and invigorating experiment. Play. Take chances. See what way leads to way, and what words lead to words.

See more at <http://CarynMirriamGoldberg.com>