Get to know the "enemy"

In your own life, outside of conducting writing research:

- How do you define fear and uncertainty?

- How do you address fear and uncertainty?

Now, think about conducting writing research:

- What fears and uncertainties do you associate with writing research?

- What would it look like to embrace that fear and uncertainty?

Befriend fear and uncertainty

Be honest with yourself. Re-visit the questions above to see how fear and uncertainty evolve.

Engage in a **written dialogue**[1] meditation with fear and uncertainty:

1. Set a timer for 10 minutes.
2. Write a dialogue with fear or uncertainty (or any other emotion/feeling). Fear is one voice, and your voice is the other.
3. Let yourself freely write and converse with that emotion.
4. Review what you wrote after the 10 minutes are over.
5. Reflect. What did you notice? What new insights emerged?

Write **a nested meditation**[2] to get at the root of fear and uncertainty:

1. Take three to five deep breaths to center yourself and quiet your mind.
2. Write a line that you want to work with, e.g., "I'm worried that nothing will work out." That's Line 1. The next lines will flow from Line 1.
3. Skip a line.
4. Re-write Line 1 and write Line 2, which will come from your inner voice/gut center.
5. Skip a line.
6. Re-write Lines 1 and 2, and write Line 3.
7. Skip a line.
8. Re-write Lines, 1, 2, and 3, and write Line 4.
9. Repeat as needed. Try starting with Line 4 for the next round.

[1] Adapted from Dr. Michael Dante, Marquette's Faber Center for Ignatian Spirituality.
[2] Adapted from Sr. Miriam Brown, OP, Siena Retreat Center.