Creative Memoir Programme

01 Introduction to Memoir Writing – *6 February*

02 Crafting Compelling Life Stories – *8 February*

03 Creative Writing Made Easy: Tools & Resources – *12 February*

04 Moving In & Around Life in Memoir – *16 February*

05 Navigating Challenges in Memoir Writing – *18 February*

06 Transforming Your Travels into Stories – *20 February*

07 Using Social Media to Share Travel Stories – *21 February*

08 Publishing Pathways – *26 February*



852 PRESS

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05 Navigating Challenges

- Tips on respectfully writing about people.
- Strategies to recall memory and addressing memory gaps.
- Techniques for addressing writer’s block.



Challenges?

What challenges are you facing with your writing project?

What are the causes?



Writing About People

Is it true?

Will it harm?

Is it fair? Does it reveal past injustices or create potential future problems?

Perceived as a betrayal?

Break any laws or rules?

Are you prepared to accept the consequences?



Writing About People

- Understand and address with other people's apprehension.
- Seek permission to share other people's stories.
- Change names and places.
- Use nicknames or titles (for example, *the doctor*)
- Combine people into one character.





Mind The Gaps

In your memoir project, what is known?

What evidence and facts do you have available to you?

What is unknown?

Do the gaps need to be filled? Are they critical to the story?

How can I fill the gaps, so the story remains authentic?



Mind The Gaps

- Research
- Freewriting & write what comes up
- Sensory triggers
- Timeline creation
- Prompting questions

  What was I most excited about at that time?

  Who influenced my decisions then?

- Conversations & interviews

Overcoming Blocks



Fear of the Future

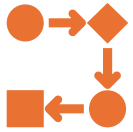
Worry of not getting it ‘right’ or what others might think.

Write for yourself first, focusing on the therapeutic and fulfilling aspects of writing.



No Plan Paralysis

Overcome feelings of overwhelm, mess, and uncertainty by creating a plan for your story and establish small routines.



Routine

Find that ‘writer’s time’ of day.

Set a routine and start with small goals and change your environment for inspiration.



Self-Care

Writing can drain or even trigger.

Set boundaries on how long you'll write each session and engage in other activities to refresh and recharge.



It’s just feedback

Sharing drafts with trusted friends or writing groups can provide support and encouragement, but it is also feedback that you don’t have to accept.


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Writing Exercises



Overcoming Fear

Reflect on a fear you've overcome related to sharing your personal story. Write about how this achievement made you feel and how it might influence your memoir writing.



Writing About People

How can you focus on your own experiences and emotions rather than making judgments about others?



Freewriting

Free writing helps bypass writer's block by allowing thoughts to develop naturally, often revealing hidden ideas or solutions.

Set a timer and spend five minutes writing continuously about any challenge you're facing in writing your writing project. Let your thoughts flow without stopping to edit or censor.



Memory Gaps

What evidence and facts do you have available to you to support your story?

What is unknown? What are the gaps?

Do the gaps need to be filled? Are they critical to the story?

How can I fill the gaps, so the story remains 'truthful' and authentic?

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