

## The Memoir Writing Workbook

### Memories into Memoir

#### **A Writing Tip!**

I suggest that if you are writing your memoir for therapy – which is perfectly OK, and a great thing to do – don't write it with the expectation of getting published. This will mentally limit you and your work. If you don't think about publication, you will be able to be more honest with yourself and in your writing; you will be able to maintain your privacy. This may be more therapeutic for you, and you will probably obtain more peace from what you are writing about. I would also suggest that in some of the exercises you make a mental note, before you begin, to be as objective about your subject matter as you can, and see what difference it makes to your writing. Try this as often as you can; it may help a lot.