

Name: \_\_\_\_\_

## Write a Letter to Your Watcher

Do some brainstorming on the back of this handout. I want you to do some exploring and reflecting of your feelings in regards to the following:

1. Do you feel you have ever had a *Watcher at the Gates*?
2. What does your *Watcher* look like?
3. What kinds of *specific* things does your *Watcher* do to distract you from your writing? (i.e. Does your *Watcher* show up in the form of self-doubt? Do you find yourself distracted by other tasks? Do you tear up the page...? Etc.)
4. If your *Watcher* could speak, what would your *Watcher* say?
5. If you could tell your *Watcher* anything and you could be sure he/she would listen, what would you say?
6. In what ways can your *Watcher* be positive? How does he/she help you? In what ways can your watcher be negative? How does he/she prevent you from creative tasks?
7. Anything else you would like to add...

You will now **write a letter** to your Watcher on a *separate* sheet of paper.

Your letter may focus on *any/all* of the topic questions above. Your goal is to help yourself get to know who your Watcher is in order to understand him or her better so that you can develop a more productive writing practice this semester.

Suggestions: Reflect and explore as you write—write to discover how you feel about these things; don't erase; don't cross out; don't tear up the page; don't worry about punctuation and paragraphs and such—just **write** and **reflect** and **feel**. Fold the letter up; write your heading on the OUTSIDE of the letter. **No one else will read this!** Your letter to your Watcher will be kept in a special place until the end of the year when your writing will be returned to you for use in composing a final piece of writing for Yourself.