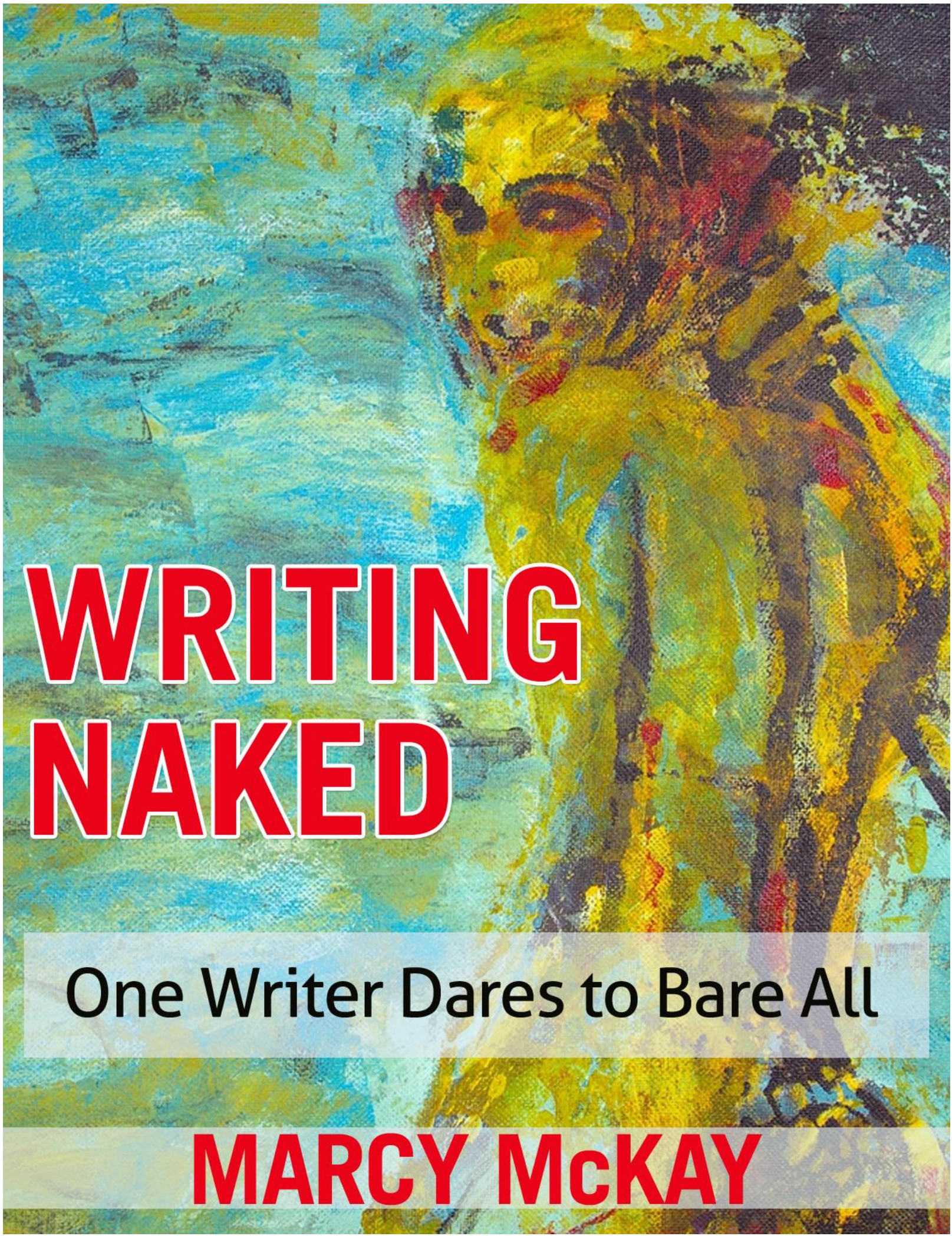
WRITING
NAKED
One Writer Dares to Bare All
MARCY McKAY

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I am a **broken** writer.

I wasn’t always that way.

Let me start at the beginning,

and tell you what happened.

ONCE UPON A TIME

Years ago, a voice woke me from a dream.

It told me to write a book.

I **freaked**!

Sure, I had written for my college newspaper, and had always done well in high school English, but…

I was too shy to tell people, “I am a writer.”
That felt too **vulnerable.**
Like stripping naked before the whole
world to judge and ridicule me.

However, in private…

I began to write.

I was a wife, mom, employee, Sunday School teacher, community volunteer, and more.

Still, I **made time** to write.

A **miracle** happened…

I began to change.

The more I wrote,

the more my confidence grew.

I felt more comfortable in my own skin.

It got easier to expose myself to others.

I **loved** it.

I wrote one novel.

Then, a second…

and a third…

finally, a fourth.

Meanwhile, I published multiple magazine articles (and got paid!).

I became an award-winning short-story author, and copywriter.

That all took a lot of blood, sweat and tears.

Plus, **time**.

A whole lot of time.

Years, in fact.

I found literary agents for two of my novels.
Then, lost them.

One, retired before we tried selling my book.
The other, we parted ways.

Both **broke my heart.**

I began to feel overly raw again.
Unprotected and hopeless.

Writing both saved my soul,
and abandoned me.

Wait, that’s not quite right.

Writing completed me.

It still does.

What happened?

The pursuit of publication.

Chasing fame and fortune.

Measuring myself against ‘not good enough,’ despite my many successes.

I felt like a failure.

<u>That</u> **broke my spirit.**

In talking with other writers,
I learned I wasn't alone in this experience.

That made me feel better.

Still, I needed to do **something more**.

So, I got back to basics.

I returned to writing for the pure joy of it.

Not to find an agent, land a book contract, or count how many Likes on Facebook.

This ‘undoing’ freed me.

It led me to rediscover **Seven Writing Truths**.

I hope they **help** you, too.

SEVEN
WRITING TRUTHS

1. **<u>Writing is a lonely, solitary process</u>.**

It requires time and space to create. Still, it's hard to pull away from life to do so.

Find kindred spirits who speak the language of putting pen to paper, as well as people who believe in your dream.

Stay away from those who discourage you.

2. **<u>Real writers can't not write</u>.**
   (sorry for the bad grammar)**.**

   We need to write,
   like we need air.

   Both are necessary for our survival.

   We write for the simple reason

   that we feel **compelled** to do so.

No more.

No less.

3. **Writing is delicious, but messy.**

It’s an honor to entertain, inspire, and challenge people.

It’s also **hard** work.

It’s tricky to balance family, jobs, friends -- your life, with your passion.

But, it’s so **worth** it.

4. <u>Every writer faces Fear.</u>

It takes courage to strip down,
and bare yourself to others.

Fear is part of the creative process.
Always.
Expect it, though it'll still terrify you.

Write anyway.

5. **<u>The pursuit of publication can destroy your love of writing (if you let it.)</u>**

Fame and fortune aren't the same as writing.
Rejection hurts.
So does lack of support from others.

That's natural.

Stay focused on...

Your love of words. The beauty of the craft itself. Writing for the **right** reasons.

Don’t worry about matters beyond your control: the *New York Times’* bestsellers’ list, or those who don’t understand you.

Celebrate each finished piece of work.

No matter what.

6. **Writing can make you a better person.**

Writing makes you feel:
Confident.
Creative.
Alive.

It also makes you more:
Compassionate.
Caring.
Generous.

These are traits our
world desperately needs.

7. **Writing is a gift to be shared with others.**

They say there are no new stories.
Still, we all write from our own unique perspectives (fiction or nonfiction).

Stephen King and J.K. Rowling are both amazing authors.

They don't write the same way.

That's **good**.

Just like there are no two stars alike.
There are no two writers alike.

Go ahead. Tell your story.

The world needs to hear it.

P.S.

I am no longer a broken writer.

These **Seven Writing Truths** helped me to become whole again.

I'm back to writing for the *right* reasons.

It still feels like I’m writing naked
when I start something new.

That’s okay.

Why?

I AM A WRITER.

I write because it’s what I was put on this earth to do.

No more.
No less.

If you've ever felt any of these feelings with your writing: Fear, doubt, failure, stress, joy, freedom and peace, or a million other emotions -- know that you're not alone.

Remember that.

You're not alone.

I hope *Writing Naked* has inspired you.
I truly do.

However, that's not enough.

What'd you learn?

Think about it.
We all have creative monsters.

What are you **afraid** of with your writing?
Success, failure, being called a fraud?

You can feel the answer(s) in your gut.

Write your answer here:

What I’m most afraid of with my writing is:

What's one, small change you can make to improve that fear?

A different **attitude**?

Actually **making time** to write, rather than wishing you would?

Pressing on, despite another setback?

What?

One, small step is all I'm asking.
One, small step toward your **dream**.
Write about it here:

The change I need to make to overcome that writing fear is: _____

_____

_____

_____

Change takes **time.**
It takes **commitment.**
It takes **courage.**

But, you're worth it.

Your writing is, too.

Good luck.

DO YOU FEEL THE SAME?

Are you **tired** of feeling alone in your writing?

Are you **tired** of wanting to write, but Fear stops you from following your dream?

Are you **tired** of rejection and criticism weighing you down?

I've faced all these feelings.
Multiple times.

It doesn't have to be that way.

TAKE THE NEXT STEP

(At no charge)

Would you **like** a fun, safe place to battle your creative monsters?

Would you **like** to be part of a community that shares your passion for writing?

Would you **like** to learn ways to overcome those many hardships (fear, doubt, etc.)?

All this, at no charge.

Join Mudpie Writing.

SHARE *WRITING NAKED*

Some have emailed me to ask permission to share *Writing Naked* with others.

Please do so. Pass it along to anyone you think it might help.

My only request is do not sell it, or change it in any way. After all, I'm giving it away for free.

Here's how others have shared it:
Comments | Facebook | Email

Thanks.

ABOUT THE AUTHOR

Marcy McKay is the Energizer Bunny of writers. She's a freelance journalist and an award-winning copywriter/short story author. She's also completed four novels, for which she's pursuing publication.

Marcy graduated from Baylor University with a BA in Public Relations (through the school of journalism). She lives in Texas with her husband, and their two teens.

Fiction, non-fiction, Marcy does it all. She just keeps going and going…

WRITE ON