



Dealing with Scepticism from Family & Friends

Navigating scepticism or negativity from family and friends can be challenging for authors pursuing their writing dreams. However, with the right mindset and strategies, you can maintain focus, confidence and motivation to pursue your passion. Here's a guide to help you deal with sceptics amongst your family and friends:

1. Recognise Their Intentions

- Understand that sceptics may have good intentions but may lack understanding of your goals.
- Recognise that their scepticism may stem from concern for your wellbeing or fear of failure.

2. Stay Committed to Your Vision

- Reaffirm your commitment to your writing goals and believe in your creative vision, despite any negative feedback or doubt from others.
- Focus on your passion for writing and the fulfilment it brings you, rather than seeking validation from others.

3. Seek Supportive Allies

- Surround yourself with supportive allies who believe in your talent, encourage your aspirations and provide constructive feedback.
- Connect with fellow writers, mentors or online writing communities where you can find encouragement, advice and camaraderie.

4. Communicate Your Boundaries

- Set boundaries with sceptics by politely but firmly expressing your commitment to your writing journey.
- Communicate your need for encouragement, support and understanding from family and friends as you pursue your creative endeavours.

5. Educate and Inform

- Take the opportunity to educate sceptics about the writing process, publishing industry and the significance of your work.
- Share insights into your creative process, research and dedication to your craft to help them better understand your passion and commitment.

6. Focus on Positive Feedback

- Acknowledge and appreciate positive feedback and support from family and friends who believe in your talent and potential.
- Redirect your attention towards uplifting comments and encouragement, rather than dwelling on negativity or scepticism.

7. Prove Your Commitment Through Action

- Demonstrate your dedication and progress as an author by consistently working on your writing projects, honing your craft and pursuing publishing opportunities.
- Let your accomplishments speak for themselves and show sceptics the tangible results of your hard work and determination.

8. Practice Self-Validation

- Cultivate self-confidence and self-validation by celebrating your achievements, milestones and personal growth as a writer.
- Trust in your abilities, creative instincts and unique voice as an author, regardless of others' opinions or doubts.

9. Stay Resilient and Persistent

- Embrace resilience and persistence in the face of criticism or scepticism, recognising that setbacks and challenges are a natural part of the creative journey.
- Stay focused on your long-term goals, maintain a positive mindset and persevere through obstacles with determination and resilience.

10. Lead by Example

- Inspire others through your dedication, passion and resilience as you pursue your writing dreams despite scepticism or negativity from others.
- Show sceptics the transformative power of perseverance, self-belief and creative expression by leading by example and achieving success on your own terms.

In summary, dealing with sceptics amongst family and friends requires resilience, confidence and a steadfast commitment to your writing journey. By staying true to your vision, seeking supportive allies and focusing on positive feedback and progress, you can overcome negativity, silence doubt and continue pursuing your passion for writing with unwavering determination and confidence.