



Handling the Editor's feedback without taking it personally

Editing is an integral part of the writing process and is essential for refining and polishing your work to its fullest potential. However, receiving feedback and making revisions can be challenging, particularly when you are emotionally invested in your writing. Here's a guide to help you navigate the editing process without taking it personally:

1. Recognise the Purpose of Editing

- Understand that the goal of editing is not to criticise or devalue your work but to improve its clarity, coherence and effectiveness.
- View editing as an opportunity for growth and refinement rather than as a judgment of your writing skills or your worth as an author.

2. Embrace a Growth Mindset

- Adopt a growth mindset that welcomes feedback, learning and improvement. Understand that every round of editing brings you closer to your desired outcome as a writer.
- Embrace the editing process as a chance to develop your craft, hone your skills and elevate the quality of your writing.

3. Separate Yourself from Your Work

- Recognise that your writing is separate from your identity as a person. Critiques or suggestions about your work are not reflections of your value as an individual.
- Cultivate a healthy detachment from your writing, allowing yourself to receive feedback objectively and make revisions without feeling personally attacked.

4. Focus on the Big Picture

- Keep the bigger picture in mind when receiving feedback on your writing. Focus on the overall goals, themes and messages of your work rather than getting bogged down by individual criticisms or corrections.
- Prioritise revisions that enhance the coherence, impact and effectiveness of your writing as a whole.

5. Embrace Constructive Criticism

- Embrace constructive criticism as valuable input that can help you strengthen your writing. Look for patterns or common themes in feedback that provide insights into areas for improvement.
- View critiques as opportunities for learning and growth, recognising that constructive feedback from others can help you refine your ideas and communication skills.

6. Develop Resilience and Confidence

- Cultivate resilience and confidence in your abilities as a writer. Trust in your creative vision and the strength of your voice, even when faced with constructive criticism or suggested changes.
- Remind yourself of past successes and achievements to bolster your confidence and resilience in the face of editing challenges.

7. Collaborate with Your Editor

- Approach the editing process as a collaborative effort between you and your editor rather than as a one-sided imposition of changes.
- Communicate openly with your editor, share your vision and intentions for your work and seek clarification or guidance when needed.

8. Take Breaks and Practise Self-Care

- Take breaks from your writing and editing to recharge and gain perspective. Engage in self-care activities that nourish your mind, body and spirit.
- Avoid over-identifying with your work or dwelling on negative feedback. Practise self-compassion and kindness toward yourself as you navigate the editing process.

9. Celebrate Progress and Achievements

- Celebrate your progress and achievements along the editing journey. Acknowledge the hard work and dedication you've invested in refining your writing.
- Recognise the value of each revision and improvement, no matter how small, and take pride in your growth as a writer.

10. Remember That Editing is Iterative

- Understand that editing is an iterative process that may involve multiple rounds of revisions and refinements.
- Embrace the opportunity to revisit and revise your work with fresh eyes, knowing that each iteration brings you closer to your vision of excellence.

By approaching editing with a growth mindset, separating yourself from your work, embracing constructive criticism, and practicing self-care, you can navigate the editing process with resilience, confidence, and grace. Remember that editing is an essential part of the writing journey, and each revision brings you closer to realizing your creative vision as an author.