



How to Turn Your Pain Into Art

SDWF Handout for June 27, 2020

How to Turn Your Pain Into Art: Join Laura Cathcart Robbins for an interactive writing workshop experience where she will discuss how to take your toughest life struggles and churn them into art that can change the world. This is a topic that Laura knows well and is fired up to speak to you about. Laura will share her experience as writer and host of the popular podcast, “The Only One In The Room,” and offer prompts to encourage you to dig deep and become the alchemist she knows you can be.

This is *precisely* the time when artists go to work.

There is no time for despair, no place for self-pity, no need for silence, no room for fear. We speak, we write, we do language. That is how civilizations heal.

— Toni Morrison

Prompts from Laura Cathcart Robbins

1. Make a list of 3 moments in your life that changed one of your beliefs or caused you pain (e.g., I couldn't pay my rent, I was sexually harassed or assaulted, I fell in love with a cop)
2. Choose one

OR

Exercise 2:

1. Make a list of 3 specific times in your life that you felt like an outsider (e.g., I was the only person of color at a writing retreat, I was the new kid at school, meeting my boyfriend's wealthy parents)
2. Choose one

Types of Art/ Writing You Can Make—Inspired by Your Life

(See Below for Specific Ways to Start On Your Journey)

- Collection of Essays or short stories
- Memoir
- Memoir showcase piece (do this one!)
- Poetry
- Spoken Word
- Novelize Your Life
- Theatrical Play
- One Man/Woman Show
- Movie Script
- Podcast
- Posts/Blog/Articles

Resources To Start You On Your Journey

(Articles, Books, Online Workshops/Classes/Events)

Collection of Essays or Short Stories

So Say We All San Diego <http://www.sosayweallonline.com/>

Dime Stories Live – 3 Minute Stories - <https://dimestories.org/live-events/san-diego/>

Gotham Writers Workshops: <https://www.writingclasses.com/classes/description/reading-fiction>

Class by Judy Reeves – Maps to Anywhere – Writer as Explorer -

<http://www.sandiegowriters.org/2020-07-06-maps-to-anywhere-writer-as-explorer-with-judy-reeves/>

Memoir

Memoir Certificate Program at San Diego Writers Ink

How to Find Your Voice in Memoir Starts July 4 <http://www.sandiegowriters.org/2020-07-04-memoir-iv-voice-transitions-symbolism-with-marni-freedman/>

Memoir Read and Critique with Professional Editor, Tracy Jones

<http://www.sandiegowriters.org/saturday-memoir-read-critique-with-tracy-jones/>

The San Diego Memoir Writers Association

Follow Us On Facebook: <https://www.facebook.com/sandiegomemoirwritersassociation/>

Memoir Showcase piece (do this one!) 5 Page Memoir Contest, chance to have your piece performed on stage, and published in an award-winning anthology.

Writer's Digest Online <https://www.writersonline.com/>

Gotham Writers: <https://www.writingclasses.com/classes/catalogue/fiction>

Mary Karr – The Art of Memoir [https://www.amazon.com/Art-Memoir-Mary-](https://www.amazon.com/Art-Memoir-Mary-Karr/dp/0062223070/ref=sr_1_4?dchild=1&keywords=how+to+write+a+memoir&qid=1593137454&sr=8-4)

[Karr/dp/0062223070/ref=sr_1_4?dchild=1&keywords=how+to+write+a+memoir&qid=1593137454&sr=8-4](https://www.amazon.com/Art-Memoir-Mary-Karr/dp/0062223070/ref=sr_1_4?dchild=1&keywords=how+to+write+a+memoir&qid=1593137454&sr=8-4)

Open Mic presentations

So Say We All San Diego <http://www.sosayweallonline.com/>

Dime Stories Live – 3 Minute Stories - <https://dimestories.org/live-events/san-diego/>

Book: https://www.amazon.com/Open-Mic-Between-Cultures-Voices/dp/0763690953/ref=sr_1_1?dchild=1&keywords=open+mic&qid=1593137778&sr=8-1

Novelize Your Life

<http://www.sandiegowriters.org/july-write-that-novel-tammy-greenwood/>

<http://www.sandiegowriters.org/summer-camp-play-writing-aleta-barthell/>

Gotham Writers: <https://www.writingclasses.com/classes/catalogue/fiction>

Article: <https://www.writersdigest.com/write-better-fiction/based-on-a-true-story-memoir-vs-fictionalized-truth>

Book: https://www.amazon.com/Save-Cat-Writes-Novel-Writing/dp/0399579745/ref=sr_1_3?dchild=1&keywords=how+to+write+a+novel&qid=1593138067&sr=8-3-

Poetry

Article: How to Write Poetry: <https://www.masterclass.com/articles/how-to-write-poetry>

Article: <https://www.kpbs.org/news/2020/feb/10/san-diego-names-ron-salisbury-citys-inaugural-poet/>

Workshops: www.sandiegowriters.org – Classes by Ron Salisbury or Tania Pryputniewicz (<https://www.taniapryputniewicz.com/>)

Second Saturday Poetry Read and Critique at San Diego Writers, Ink. Here's the link: <http://www.sandiegowriters.org/second-saturdays-poetry-draft-craft-submit/>

Writer's Digest Online <https://www.writersonline.com/>

Workshops/ Events: So Say We All San Diego <http://www.sosayweallonline.com/>

Contests: Free Poetry Contests <https://www.poetrysoup.com/poetry/contests/>

Poetry Contests: <http://www.ardorlitmag.com/poetry-contests.html>

Spoken Word

How to: <https://thewritepractice.com/write-spoken-word/>

How to: <https://powerpoetry.org/actions/5-tips-spoken-word>

World Beat Cultural Center <https://www.facebook.com/WorldBeatCulturalCenter/>

Study the best: Gill Sotu → <https://www.gillsotu.com/>

Theatrical Play/ One Man/Woman Show

Workshop: UCSD Extension – Creative Writing <https://extension.ucsd.edu/courses-and-programs/creative-writing>

Workshop: <https://www.uclaextension.edu/>

Workshop: <http://www.sandiegowriters.org/summer-camp-play-writing-aleta-barthell/>

Article: https://www.theproducerperspective.com/my_weblog/2016/08/how-to-write-a-one-person-show-in-30-minutes.html

Writer's Digest Online <https://www.writersonlineworkshops.com/>

Article: <https://www.backstage.com/magazine/article/going-alone-writing-performing-marketing-one-person-show-46267/>

Local Teaching Artist: Brenda Adelman - <https://www.facebook.com/brenda.adelman>

Movie Script

Workshops:

Writers' Digest Online <https://www.writersonlineworkshops.com/>

UCLA Extension Classes: <https://www.uclaextension.edu/>

Screenwriters University: <https://www.screenwritersuniversity.com/>

Masterclass: <https://www.masterclass.com/articles/learn-from-the-best-by-reading-these-scripts>

UCSD Extension – Creative Writing <https://extension.ucsd.edu/courses-and-programs/creative-writing>

Screenwriting Coach Carlos de los Rios – email for info: meepsnbo@aol.com – Two Spots available in Thursday Screenwriters Read and Critique Online

Book – Save the Cat - https://www.amazon.com/Save-Last-Book-Screenwriting-Youll/dp/1932907009/ref=sr_1_3?dchild=1&keywords=screenwriting+books&qid=1593136322&sr=8-3

Screenwriters Bible: https://www.amazon.com/Screenwriters-Complete-Writing-Formatting-Selling/dp/1935247212/ref=sr_1_4?dchild=1&keywords=screenwriting+books&qid=1593136359&sr=8-4

Podcast

Workshop: www.sandiegowriters.org

How to: <https://www.buzzsprout.com/how-to-make-a-podcast>

Book: https://www.amazon.com/You-Want-Start-Podcast-Community/dp/0062936670/ref=sr_1_3?crid=2THDPBDT7F7D6&dchild=1&keywords=how+to+do+a+podcast&qid=1593137298&prefix=how+to+do+a+%2Caps%2C210&sr=8-3

Posts/Blog/Articles

www.sandiegowriters.org

<http://www.sandiegowriters.org/june-writing-publishing-magazine-articles-rebecca-chamaa/>

Workshop: Writers Digest Online <https://www.writersonlineworkshops.com/>

<http://www.sandiegowriters.org/july-blog-post-visibility-maggie-espinosa/>

Other Notable Classes

For Latino/Latina Writers: <http://www.sandiegowriters.org/june-barrio-stories-vera-sanchez/>

Children's Books <https://www.writingclasses.com/classes/description/childrens-book-writing>