

The Making of A MEMOIR

From therapy on the page to published words.



A compassionate companion to support and guide you on your journey to plan, write, share, revise and publish your memoir.

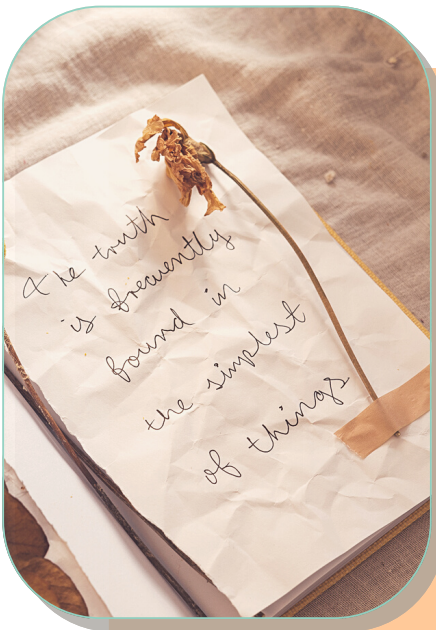
From Memoir Writer and Mentor Vig Gleeson

Speak #TRUTH Lies

A MEMOIR OF HEALING FROM FAMILY ESTRANGEMENT
VIGGLEESON.COM

Escavate

You've thought about it for years. The voice in your head has grown too loud to ignore. You've made the decision, sharpened your quill, found a quiet moment on a Saturday night. It's time to begin. But where? With a list? A story? From the start or the end? When did it start? With you? What happened to you and how does it still reverberate in your every day? Are someone else to blame than you?



Your Story, Your life

“When we change the narrative of what happened to us, we change the trajectory of our life, of our future, the one we believe we are and the one we believe we can become.”

- VIG GLEESON -

Why do you think about life this way? What is your pain? How does the trauma of your past manifest in your days? Anger, money issues, aches and pains. Sleepless nights and gritted teeth. Procrastinating over everything - from getting out of bed to turning off the tv or containing endless scrolling. Drinking, eating or smoking too much. Arguing with colleagues, friends and loved ones. Strained relationships with parents or children. Wishing you could end it all one day while the next day, you're on top of the world. If only you could figure out what provokes it all. If only your focus was better, you could see clearly, you could feel better - be better. You can, you are. You've made a start. Your journey is underway. Be brave. Dig deep. And write. Welcome to Life & Memoir Writing.

Speak #TRUTH Lies



Trust & Observe

1. Your thought and feelings are valid, even if they're not useful. Informed by emotions based on a program designed to keep you safe in your childhood. **Trust** you have control over how you feel.
2. Pay attention to your **triggers**. You're no longer a child, though may react to others' words, silence, actions or inertia in a child-like (emotional) way. Take a breath, zoom out and **observe** the scenes as if on a movie screen.
3. Write down this scene - in **journal** style. Include how and where in your body, you feel your emotions rising. Tingels, constrictions, pain, shortness of breath, blurred vision, buzzing in your ears, indigestion, itchy skin, tantrums and tears. Trust you are learning what your body is telling you. You're ok. Keep observing, keep listening, keep writing.

“Our programming is designed to keep us safe. For memoirists, this can keep us in fear of sharing our (trauma) stories, often because of a sense of shame we feel. Trust that you can control how you feel.

*Where in our past, staying silent kept us safe,
speaking our truth now will set us free.*


- VIG GLEESON -




Organise

When you have journaled on the questions from page 1 and have written your observations from page 2, you have two angels (points of view) for your story. **1)** What happened to you in the past and **2)** how you react to triggers in the present. Read what you've written - without judgement. This is you, as the character in your book. Transcribe your journal words into typed pages and add headings that reflect your themes stories, scenes and emotions.

Turning journal entries into typed pages.

The easiest, and most joyful way, I know, to turn handwritten journal entries into typed-up pages is by reading your journal entries into your computer. Here is a short video, I made for you, on how to do 

Organising your writing with headings.

Headings keep track of your timeline, themes stories, scenes and emotions. If you don't know how to **format your document** I made this short video for you.  As your document grows your headings will repeat, this is so cool, it reveals your themes. View your headings in the *side panel* or as an *index*. Now you are nearly ready to group them together. Before you do **save** your current document version.

Begin your writing session with a new version.

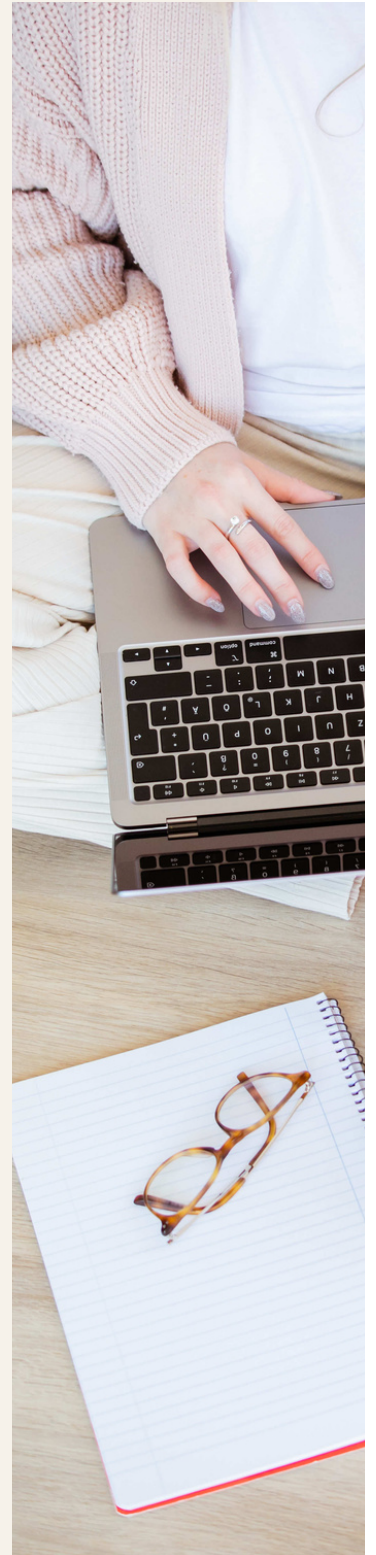
Each day you write is a celebration of your tenacity to return to the page. Before you start save your last session (document) to a '**history**' folder. This gives you the freedom to make changes without worrying about losing what you wrote yesterday. Start by reading (or let your computer read to you) what you wrote during your last writing session. Add more headings and words like sugar and spice.

Speak #TRUTH Lies

Be Gentle, Be Kind

Watch your past, present and future reveal themselves on the page.

1. When you read through what you wrote in your last session it is your heArt speaking to you. Be gentle with yourself and just listen. Sometimes you feel elated, sometimes you feel despair. You are here to take your power back and learn to speak your truth.
2. Remember you can choose how you feel. Fear is a stall tactic to keep you safe. It won't serve the future you, who want to publish your work. When fear (discomfort) takes hold of you listen to [Lala Delia on InsightTimer](#). Breathe, stretch, go for a walk, have a shower and always remember to drink more 💧. You are safe here, on the page, being just you.
3. Less pushing, more flow. There will be times when you decide you **must** sit down to do your work. You listened to *advice* from writing teachers saying you **must** turn up on the page at a certain time every day. This might not work for you. Give yourself time to **find your groove**.





Connect

Connect with time.

1. When I decided to write my memoir I thought I knew my story and what I wanted to untangle. I was sure I was right about how I saw the world. I spent seven years learning to write **Speak #TRUTH Lies**. I see the world very differently now.

Connect with a community.

2. I spent time with writers of fiction, learning the craft. None of them eased my fear of turning myself into a character. Only other memoir writers did that for me. **I invite you to connect with me and my community***.**

Connect with a mentor.

3. I have many mentors, some to guide me on how to be human, some to guide me on being accountable for how I spend my time, they all help me turn what I write into something others want to read. **Link to an article on my website***.**

“

*When I found and connected deeply
with my Sister writers - Women just like me,
I found my way home.*

- VIG GLEESON -

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Share

The first time I read in a critique group I was so nervous I stuttered. I tried a few groups but found something niggling I didn't like, so in January 2021, I started my own. Today these women are my dearest friends. Every two weeks we meet online to read and listen to each other's true life stories. We know more about one other than anyone else. We are each other's cheerleaders, confessionals and sounding boards. I'd be lost without their mentoring. We are sister on this journey.

Braving your truth

There is no better medium for a memoirist - in my opinion - than a compassionate mentorship group, only for memoir writers. This is where you practise being vulnerable with your Truth while holding space for others to do the same.

Finding your voice

When you read your story to others you receive validation for how you feel. A knowing that you are okay and have a voice worth listening to. The right mentorship group will encourage you to keep writing and rewriting.

When we dare to show up with our story, time and again, we grow as humans and writers. Over time this is how you find your voice.

Embrace your tribe

Coming together with other women who write their stories is a celebration of sisterhood and unity - of walking each other home. I am opening two new memoir mentorship groups -- they are free. I welcome you to apply to join us here. ***

*Daring to seek a life that flows with ease towards the future
while living – at peace with our past – in the present.*

- VIG GLEESON -

Let's Connect and Write Together

Are you ready to excavate your past, grow brave, and tell your story?

Are you ready to figure out who the **true you** is?

You are one of my first website visitors since I soft-launched on Thursday 23 February 2023. As a thank you I invite you to join my Memoir Circle. :) I'm not 100% what it will turn into but I want to:

- create a safe harbour for Life & Memoir writers to share our stories and grow while becoming writers and memoirists. I want to establish the equivalent of a 'Skagen Malerne' creative community for Life & Memoir writers.
- create a community of memoir writers, readers and mentors.
- offer one-to-one mentoring where I get to work with another writer on turning her story into a memoir or true-life fiction novel readers can't stop raving about to their friends. If you know anyone who wants to join me, please send them this link. [insert link when ready]



*Thank you for
being here*



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