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## The emotional wound thesaurus a writer's guide to psychological trauma pdf

Today I am happy to be part of Writer's Guide to Psychological Trauma. This book looks at the difficult experiences embedded in our character's backstory which will shape their motivation and behavior afterward. Because Angela and Becca have spent the last year exploring painful human struggles, they wanted to highlight a very important aspect of overcoming difficult circumstances: it can make us stronger. I promised to let Angela hijack my blog today, so please read on! \*\*\* Hi everyone! When you set out to find examples of inner strength, you don't have to go very far. Right here in the writing community, we see it every day. Writers more than anyone understand the swirl of emotions as we work toward publication. We dream of making it and seeing our books in the hands of readers...yet doubt and frustration can be a constant companion. For us, there is a lot to learn, much to steel our nerves for, and unfortunately, a host of real-world problems that can try to derail us. And, even as we slowly move forward and grow, we can sometimes feel like impostors. This is a tough road. But the fact that writers face this battle, day after day, and KEEP GOING...this should be celebrated! We need to be reminded that we are much stronger than we sometimes believe. We dream, create, and force ourselves to keep striving. Through the ups and downs, we persevere! Have you encountered something on the writing road that made you question yourself? Have you faced an obstacle that required a force of will to get past? If so, we want to hear about it! Join Becca and me at Writers Helping Writers from October 25-27th, where we are celebrating writers and their stories of perseverance. Stop in, and tell us about a challenge or struggle your faced, or if you like, join this event by writing a post on your own blog and share it using the hashtag #writerspersevere. Let's fill social media with your strength and let other writers know that it's okay to question and have doubts but we shouldn't let that stop us. GIVEAWAY ALERT! We also have a prize vault filled with items that can give your writing career a boost, so stop by Writers Helping Writers. I would love for one of you to win something that will help you get closer to your goal! If you struggle, remember to reach out to others. We are in this together, and by supporting one another, we cross the finish line together (and then keep going!). Happy writing! Angela & Becca Thanks for stopping by! Sherry Gammon Hey there word nerds! Today I am so excited to have bestselling co-authors Angela Ackerman and Becca Puglisi on the show! Angela and Becca co-founded the popular Writers Helping Writers site, a hub where authors can hone their craft, as well as One Stop for Writers, an innovative online library built to help writers elevate their current cohort of Resident Writing Coaches on Writers Helping Writers and have been a longtime fan of their work. They are also both writing coaches and international speakers, and their books are available in five languages, are sourced by US universities, and Becca's popular Writer's Thesauruses series is now up to fourteen books in total with their latest edition, The Emotional Wound Thesaurus, which is available now. Listen in as we chat about their latest thesaurus, and dig deep into what an emotional wound is and how to use to create more believable characters. In this episode Angela, Becca, and I discuss: Tips to find and use a character's emotional wound to draw your readers in. Avoiding the research rabbit hole, finding what you need to know to write the story. What "show don't tell" really means and how to combine them in your characters. Plus, each of these ladies' #1 tip for writers. About Angela Ackerman Angela, an apologetic Canadian, lives near Calgary, Alberta, nestled close to the Rockies. She enjoys traveling with her family, exploring new and unusual places, and is constantly amazed at how the universe seems to help her connect to the very people she needs at just the right time. The author of 6 bestselling resource books printed in 6 different languages, Angela has a passion for writing craft. She is a writing coach, international speaker, and a firm believer that writers succeed best together. The desire to help writers in new, innovative ways is a love she shares with Becca Puglisi and Lee Powell, and together the three created One Stop for Writers®, a unique site filled with custom tools and writing resources built to help writers elevate their storytelling. About Becca Puglisi In her former life, Becca Puglisi was a teacher—elementary, because six-year-olds are easy to push around and the math isn't too hard. She read roughly a gajillion picture books to her students, and it was her love for these books that originally motivated her to become an author, though she's since moved on to young adult novels. Now, Becca is a YA fantasy/historical fiction writer and co-author of a number of descriptive thesauruses for writers, including the bestselling The Emotion Thesaurus and it's latest sequel, The Emotional Wound Thesaurus. She also is co-founder of One Stop For Writers®, a unique online resource containing many helpful tools, craft tutorials, and the entire Writers Helping Writers thesaurus collection (cross-referenced and searchable!). Becca is an international speaker who enjoys teaching workshops and presenting various writerly topics. Her books are represented by foreign rights agent Marleen Seegers of 2 Seas Agency. During her free time (ha), Becca enjoys playing video games, watching movies, teaching Bible studies, baking, and adding to her stash of emergency supplies. She has always enjoyed contemplating the What if? scenario, which served her well when she lived in south Florida and will help her survive the winter now that she's moved to New York. To connect with both Angela and Becca check out their website at www.writershelpingwriters.net. And to gain access to their numerous writing resources (including the entire thesaurus series) check out onestopforwriters.com. The Emotional Wound Thesaurus: A Writer's Guide to Psychological Trauma Readers connect to characters with depth, ones who have experienced life's ups and downs. To deliver key players that are both realistic and compelling, writers must know them intimately—not only who they are in the present story, but also what made them that way. Of all the formative experiences in a character's past, none are more destructive than emotional wounds. The aftershocks of trauma can change who they are, alter what they believe, and sabotage their ability to achieve meaningful goals, all of which will affect the trajectory of your story. Identifying the backstory wound is crucial to understanding how it will shape your character's behavior, and The Emotional Wound Thesaurus can help. Inside, you'll find: A database of traumatic situations common to the human experience An in-depth study on a wound's impact, including the fears, lies, personality shifts, and dysfunctional behaviors that can arise from different painful events An extensive analysis of character arc and how the wound and any resulting unmet needs fit into it Techniques on how to show the past experience to readers in a way that is both engaging and revelatory while avoiding the pitfalls of info dumps and telling A showcase of popular characters and how their traumatic experiences reshaped them, leading to very specific story goals A Backstory Wound Profile tool that will enable you to document your characters' negative past experiences and the aftereffects. Root your characters in reality by giving them an authentic wound that causes difficulties and prompts them to strive for inner growth to overcome it. With its easy-to-read format and over 100 entries packed with information, The Emotional Wound Thesaurus is a crash course in psychology for creating characters that feel incredibly real to readers. If you decide to check out The Emotional Wound Thesauruses listed below, we hope you'll do so via these Amazon Affiliate Links, where if you choose to purchase via the links DIY MFA gets a referral fee at no cost to you. As always, thank you for supporting DIY MFA! The Rural Setting Thesaurus The Negative Trait Thesaurus The Emotion Amplifier Thesaurus And remember to check out Angela's and Becca's other thesauruses only on onestopforwriters.com. Link to Episode 185 (Right-click to download.) If you liked this episode... Head over to iTunes, Stitcher Radio or Google Play and subscribe so you'll be first to know when new episodes are available. Also, remember that sharing is caring so if you know anyone who might enjoy this podcast, please tell them about it or leave us a review so other listeners will want to check it out. Until next week, keep writing and keep being awesome! the emotional wound thesaurus a writer's guide to psychological trauma pdf. the emotional wound thesaurus a writer's guide to psychological trauma pdf free. the emotional wound thesaurus a writer's guide to psychological trauma pdf download

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