



READING BAD SCREENPLAYS

- PACE YOURSELF
- READ IT IN SMALL BITES
- SWIPE FILES OF GOOD COMMENTS
- RESOURCES YOU CAN SUGGEST
- LIVE READ
- ASK THEM WHAT THEY'RE GOING FOR
- PUT QUESTIONS IN THE COMMENTS
- GET ANOTHER READER AS A LAST RESORT

IT IS ALL NEUTRAL!

FACING NEGATIVITY & ANXIETY

Brooke Castillo Thought Model:

Circumstance> Thought> Feeling> Action> Result

STEP ONE: DESCRIBE THE FEELING

STEP TWO: NAME IT

STEP THREE: WRITE EVERY THOUGHT UNTIL YOU LOOP

STEP FOUR: WELCOME IT

STEP FIVE: RELEASE IT

STEP SIX: SELECT A NEW THOUGHT