



Words of Wisdom from Dr. Jill

With absolutely no apologies to David Letterman, ever!

About hard times: There is something about hard times that brings a choice: either resiliency and we grow and strengthen from it, or we give up and fold. Collapse can be a protective choice, when one needs time to heal and regain resources before resiliency can return. . . .
And our voices get clarified by the scarring. [p. 74]*

On the athleticism of voice: We have a myth that the Muse visits, like the tooth fairy, giving inspiration. This can of course happen, but in its own unique, unforceable timing. Until then, and to woo the muse, we need to sweat. [p. 77]

On choice: In any given situation there are three basic choices: Exit, Loyalty or voice. [p. 86]

On silence: Silence is an important language. Not speaking can be an intensely relational act. . . . Repression is a kind of silence, and also shapes voice. [p. 23]

The silencer has power. The dominant culture defines what is spoken about, what is repressed. The effect on the non-dominant culture (in this case women or girls) is to learn the language of camouflage. She learns to disassociate from her own knowing and her own voice. [p. 50]

Inherited voice: Our inherited voice is handed down with the family furniture. [p. 39]

About play: Play is an important part of finding voice, because it allows us to try on new selves, like costumes, with sanctuary. We can pretend to be, pretend to write as if, without committing. And often play allows us to discover our authentic self. [p. 48]

Learning to crow: If we've been taught to credit our success externally and debit our failures to ourselves, we're indeed in a bin. It is important to come to an authentic assessment of our talents and strengths, speaking from our center. [p. 91]

On criticism: When you choose voice, you know someone is not going to agree with you. There will be opposition, criticism. There are two ways to deal with criticism: either get a thick skin, or a strong inner core. [p. 95]

On jealousy: You may also need to deal with jealousy. When someone is jealous, they may try to "take it, break it, or denigrate it." Criticism can originate from jealousy's 'denigrate' motivation. Criticism can also start from someone trying to take your voice, or spirit, and break it. [p. 96]

* All quotes from *I Gotta Crow: Women, Voice and Writing*, by Jill Hackett. The Writer Books, 2002.