



WEEKLY QUESTIONS - THE WAR OF ART

Week 1: Intro – Page 41

The questions below are intended to make you think about the material you are reading and how it applies to your own life, as well as where you can make changes. You can answer these questions on your blog, in a journal, or in our [Facebook group](#) – or all of the above! If you are behind, don't worry. All the information will be there for you to come back to at your own pace. No stress. No judgment. No guilt!

QUESTIONS:

1. In the foreword, Robert McKee says he believes that inspiration comes from inside ourselves, while the author Steven Pressfield believes it's divine. Have you thought about the source of creativity and inspiration? Where do you believe it originates?
2. RMck says in "What I Know" that "It's not the writing part that's hard. What's hard is sitting down to write." Substitute "write" for any other creative or risky pursuit – singing, painting, drawing, dancing, starting a business... Agree or disagree?
3. In "Resistance's Greatest Hits," RMck lists activities that call resistance forth. What would you add to the list?
4. Based on this section, what are the characteristics of resistance?
5. In "Resistance Is Impersonal," the author says that resistance is not personal. Does this make you feel better about your own resistance?
6. "Resistance Is Infallible:" I love the concept of using resistance as a compass. What do you think you would've accomplished so far if you HADN'T let resistance sway you?
7. What are your favorite excuses to procrastinate?
8. In "Resistance and Trouble," RMck says we can become addicted to drama in ourselves and others. What are the source of trouble (drama) in your life? Are you willing to minimize or remove those sources (including PEOPLE) in order to make progress on your work?
9. In "Resistance and Victimhood," the author describes what can happen to people who

give in to resistance over and over. They always seems to be suffering. The conditions or diseases or personal problems are real enough, but you have a sneaking suspicion that they're self-induced. If you know someone who fits this description, what are they avoiding?

10. "We will never cure our restlessness by contributing our disposable income to the bottom line of BS, Inc., but only by doing our work." Do you consume instead of produce? What? Shop, eat, drink, web surfing, ?

11. What are your biggest takeaways or "Aha!" realizations from this section?

Summary:

- Resistance is impersonal, insidious, and deadly. It will keep us from our most important work – creative projects – if we give in to it.
- Resistance takes many forms, including drama, procrastination, illness, etc.
- We can overcome resistance only by tackling it and moving through it.

"The enemy of creativity is Resistance."