

# *7 Tips and Rituals For Spoonies*



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## *Introduction*

I feel like we're all in different kinds of writing communities. Different ages categories, different genres, different stages of publishing.

But how many of us enter those spaces and realize their tips don't work with our brains, bodies, or lifestyles?

Write everyday? Forget about it.

Don't edit as you go? How in the world....

Sit at a desk? My hips hurt just thinking about it.

So I'm making these tips for us. The ND, the disabled, the too busy with a brain or body easy to overwhelm.

## *Tip #1: Hack Your Brain*

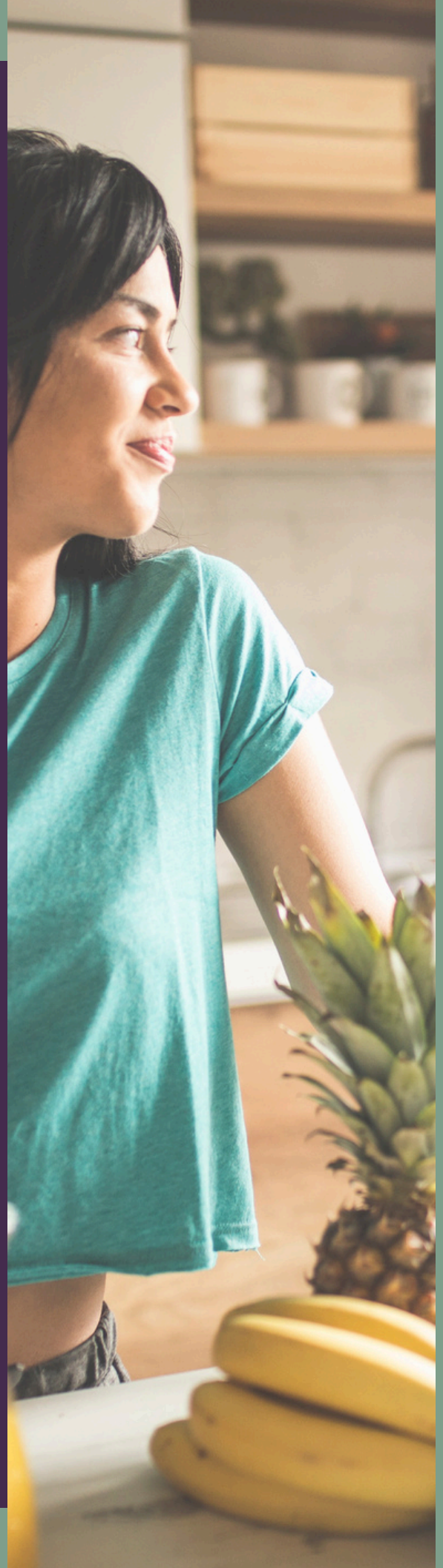
What does this look like?

Think of enjoyable tasks you do throughout the week. What makes them enjoyable?

Do you set a timer and rush against the final bell?

Is there constant change? Or on the flip side is it the same every time?

Figuring out what makes tasks enjoyable for your particular brain is a powerful tool. Because then if writing feels like a slog, or your brain is pumping the brakes, you can apply other tricks to boost yourself and motivate your brain to work for you.





A man with long dark hair, wearing a white t-shirt and mustard-colored shorts, is walking away from the camera on a wooden plank floor. He has a prosthetic right leg. He is holding a small white object in his left hand. The background shows a modern building interior with a high ceiling and large windows.

## *Tip #2: Create a Writing Ritual*

Some tips are close to helpful, but doesn't quite hit the mark. Like sit at a desk. The point is to have a designated spot that puts you in that writing mindset.

But a disabled person in pain can't always sit there.

An ADHD brain or PTSD brain can't always sit in one place for too long or they'll feel trapped.

So I say to you instead, make your writing environment different from your every day environment. Something that works for you to put yourself in that mindset.

Does that mean dictating your book on your daily walk or while you're doing chores?

Staying in your comfy chair or wheelchair, but lighting a specific candle for writing? Or getting a writing tea?

Rituals help train your brain to associate one thing with the thing you want to do--write. But your ritual doesn't have to look like everybody else's.

### *Tip #3: Rest is Writing, too*

Don't force yourself.

Pushing through and consistency may help NT and able-bodied writers, but I learned really quick that's a road to burn out for my ND and disabled butt.

We have to learn to listen to ourselves. If your brain is in a fog, give yourself grace and call it a day.

If typing or writing hurts too much that day, allow yourself to daydream about your book, but don't be mad that the words didn't get on the page.

Rest is as valid as word count. Rest is valid and needed.

Your value as a person and as a writer is NOT dependent on what you did or did not do.

You're still a writer even if you didn't write a single word for months on end.

Your writing and characters and story will still be there and will be beautiful with the care you gave yourself.





A vertical collage on the left side of the page. The top half features several colorful jump ropes (yellow, green, red, blue, purple) tangled together. The bottom half features a pink brain resting on a green paper cutout of a human head silhouette.

## *Tip #4: Break the Rules of Structure*

Outlining, plotting, drafting—it doesn't have to be linear to be valid.

Neurodivergent and disabled brains often don't think in straight lines. So why write that way?

If you bounce between scenes, start with the ending, write dialogue first, or use bullet points instead of full paragraphs—that's still writing.

Flow with how your thoughts arrive, not how someone else said they should.

What matters is that the pieces exist. You can organize them later—or not. You don't owe anyone a "normal" process.

## *Tip #5: Use Tools that Reduce Friction.*

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A person with long dark hair, wearing a white t-shirt and mustard-colored shorts, is walking away from the camera down a modern, brightly lit hallway. They have a prosthetic leg on their right side. The hallway has a high ceiling with large windows and a series of gold-colored cylindrical light fixtures hanging from it. The floor is made of light-colored wooden planks.

## *Tip #6: Curate Your Community*

Find people who support your process—and walk away from those who don't.

You deserve to be in spaces that understand and respect your neurodivergence and disabilities. Not just tolerate it—value it.

If you're in a group where everyone's talking about 2k-a-day word goals, rigid productivity hacks, or shaming "excuses," it's okay to leave. You're not weak for needing a different pace. You're not wrong for feeling overwhelmed. That space just wasn't built for you.

Instead, find or build community with people who celebrate alternative writing rhythms, who get flare-ups and shutdowns, who cheer on your one-sentence day like a 10-page day. Whether it's one friend, a small server, or following disabled/ND creators online, community matters more when it's safe.



## *Tip #7: Redefine Progress*

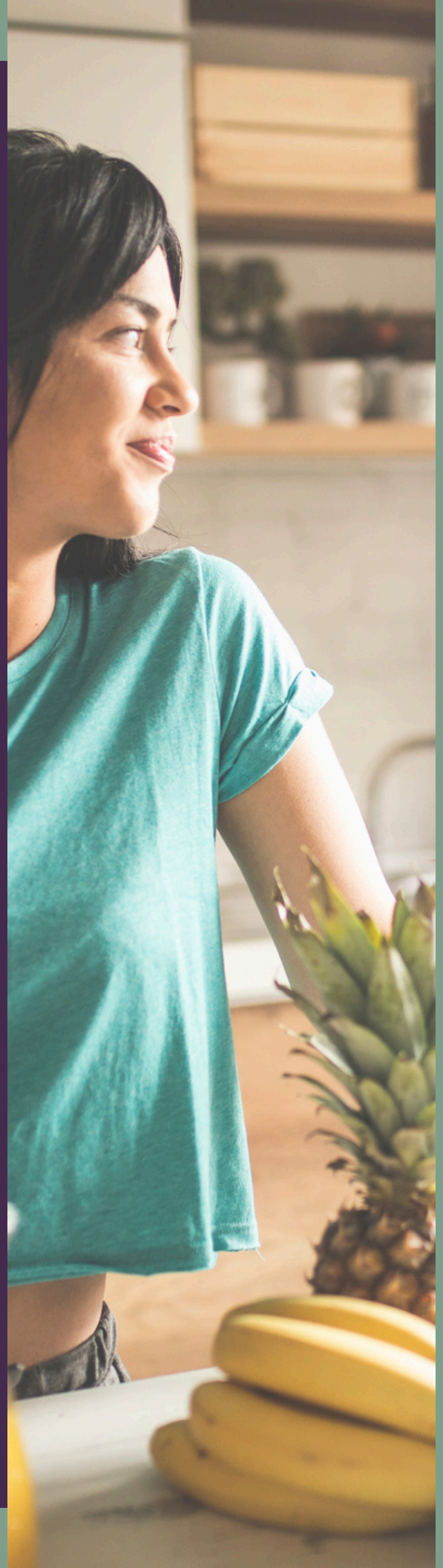
Writing isn't just words on a page—it's worldbuilding, daydreaming, healing.

ND and disabled writers often have nonlinear progress, and that's okay. Some days you write 1,000 words. Some days you brainstorm, re-read, cry, or stare at the wall while characters talk in your head. That all counts.

You're still building your story, even when it's invisible.

Celebrate whatever your version of progress looks like. Creating a playlist? Valid. Doodling your setting? Valid. Talking to a friend about your plot? Valid. Every little spark adds to the fire, even if you can't see the flame yet.

Let go of the pressure to "produce" constantly. You are allowed to make slow, quiet, meaningful magic.





# *THANK YOU!*

For more regular tips and direct access to a spiritual editor, consider joining my discord, either for free or through my in-depth membership tiers.

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