

## The Urge Not to Write



One of the most difficult things about writing is overcoming the urge not to write. Or, to actually sit down and start to write. It doesn't matter if one is starting to write a blog, a novel, an essay, an editorial, a thesis, or a scientific report. Writing that first sentence, or that first paragraph, is like a runner attempting to jump over that first tall obstacle in his path. Some writers I know say that once you start writing, the words just continue to flow and flow and flow. But you still must write those first few words on the paper before things start heating up. And that could be the hardest. I know people who have already thought up an entire storyline or an entire book but could not actually sit down and start typing those words on his computer.

I know that many writers who contribute original research articles to the *Acta* have the same problem. Many writers have actually people writing for them to overcome this. All the incentives in the world may not help jumpstart that first sentence in your writing. And many writers of scientific reports don't actually start with the introduction but somewhere in between – some are comfortable with writing the results and discussion first before anything else. What everyone should realize is that your first attempt is just a draft. There is no commitment to permanence in a draft. You can write anything on a first draft, or a second or a third draft. I know people who put blanks to replace words in drafts which they could not complete. And it's good because finally, something has been started.

This is anathema to some people who have the urge to write and there are many such people in the world today. They are all over the internet writing blogs on just about anything and everything in this world. And there are people who actually read this kind of material. Feelings expressed on paper, insecurities and all. A confession to the world. Well, this is something different. Writing for journals is not the same. Although once you get used to it, things get to be much easier with each article. But you've got to start it somehow. And it has to start now.



Jose Ma. C. Avila, MD  
Editor-in-Chief