

## The 5 R's of Resistance

### Real Detail, Real Talk

*Real Detail: Let your readers live the scene with you. Create empathy.*

*Real Talk: Let your readers hear the reality of people.*

- Rich, sensory images, immersing a reader in the scene.
- Authentic, believable conversation.

### Round them out.

- Show the strengths and weaknesses of your hero.*
- Show how they are and aren't their label.* How is the person true to a certain identity (label) but also challenging that identity? How is this character transforming, surprising, changing, evolving? How does this character balance opposing or different characteristics?
- Show how everyone struggles.* Even villains are complex, driven by fear. Even villains have multifaceted elements. Compassion and empathy gets generated in a reader when we humanize everyone.

### Reach into why.

*The why behind the resistance is always personal. (The Sad, Mad, Glad)*

- The back story. How is the political personal? Explain. The way to someone's heart is show them how and why you hurt. The individual story, the close-up lens.
- It's not a rant.

### Redeem someone.

- Let your hero go low, then high.
- Let your hero fight a good fight.
- Let your hero discover a personal truth.
- Let your hero find some peace.

### Resist the bully within.

- How might you write from a position of prejudice? Of privilege? How can we resist the "drum major instinct"—that desire to be first, all the time—in all of us?
- How can I increase my knowledge, awareness, and sensitivity to others' experiences? What research must I do? What experiences must I have?
- How am I staying humble and seeking feedback?