

**Guidelines - Story Submission**  
*The Sleeper Effect: A Collection of Stories by Daughters of Divorce*

1. A “sleeper effect” story is an inspirational, true story about different challenges you have faced mentally and/or within your romantic, family, and/or parent relationships. Be sure to connect these challenges to how your parents’ divorce negatively affected you. For example, some women felt overly protective of their mothers following their parents’ divorce and pretended that they were “okay” emotionally in order to support their mother who was in pain. However, it was not until later in life that they realized how negatively their parents’ divorce actually affected them and their own ability to have successful romantic relationships. Additionally, some women cite fears related to having their own children given their experiences as daughters of divorce.
2. The most powerful stories are ones that are descriptive, raw, and real. Write your story in a way that feels like you are at a coffee shop with friends casually sharing your story. You do not have to be overly formal in your writing. The goal of these stories is to have other women relate to you and your experiences and feel supported by this sense of relatedness.
3. “Sleeper effect” stories are written in the first person and have a beginning, middle and an end. These stories are about yourself, your emotions, and your experiences. Treat this like a creative writing assignment where you focus on one impactful event in your life. Spend time setting the scene of the story by providing descriptive details about the time, place, and “characters” of the event. Here is a link of a sample of creative writing to give you inspiration: <https://www.theodysseyonline.com/creative-writing-sample>
4. Keep your story to 2,000 words. Please title your chapter and have your story edited.
5. After publication of the book you will become part of the “sleeper effect” family, which will allow you to connect with many other women who share similar experiences to your own.
6. Do not be afraid to speak from the heart. If you do not want to use your name for your story, you can use a pen name. This is my way of paying it forward to each contributor. Although you will not be financially compensated for your story, I will include at the end of the book a brief paragraph presenting who you are and what you do. Therefore, please include a short-biography about yourself with your story.
7. Deadline for your story is **October 31, 2023**.
8. You will receive a confirmation on my behalf of the well-received story including a release form for permission to use your story in *The Sleeper Effect: A Collection of Stories by Daughters of Divorce*.
9. I will keep you informed as per the publication book date projected for 2025.

**I am so grateful for your contribution, and your interest in this important project. Thank you is just simply not enough!**