



Triskele Editorial

Sample Line/Deep Edit

This piece was originally written several years ago in a stream-of-consciousness style that was never edited for content, style, grammar, or punctuation. It was published as a blog post in the Spring of 2017 and is intentionally casual and conversational. This sample edit is a demonstration of what a line/deep edit might look like. This was edited using *Chicago Manual of Style, 17th Edition* and *Merriam Webster Online Dictionary*.

For questions or to request a sample edit of your own piece, please email kwilliams@triskelevt.com

Sometimes Letting Go of Your Stories Means You Miss a Few Key Details

Several years back when I was going through my yoga teacher training, I ~~really~~ grasped on to the idea of letting go of old stories that no longer serve you.

We all have these stories; histories that we tell ourselves must be ~~true~~ because this happened, or ~~so and someone~~ said so, or it happened once ~~to one person so it and thus~~ must always happen the exact same way. ~~You get the idea.~~

~~The~~ thing is, ~~a lot times most of~~ the old stories we tell ourselves ~~simply~~ become invalid after a certain point. ~~Can you really not do the thing, or have you just told yourself you can't for so long anything else is unthinkable?~~ ~~We become so mired in our habits that we don't realize the situation has changed, and what was once unthinkable is now attainable.~~

While letting go of stories that don't serve a purpose lets you move forward in life, it's also good to realize that some of your stories—~~your~~ history—~~can't~~ be discarded, because they are still very much influencing your present, ~~and always will.~~

I'm not ~~personally~~ one for living in the past. Things happened; things stopped happening; ~~people~~ were there; now they're not. Life moves on. ~~The~~ interactions ~~I had~~ with people back then influence the way I relate to people now. I don't dwell too much on the people or those interactions themselves; I'm more concerned with breaking my own ~~bad~~ habits that ~~were~~ developed as a result. ~~I don't concern myself with other people's behaviors in the past. I can't do anything about that I can't change the past; I can't change what people did or said all those years ago.~~ I can only work with myself, now.

All that being said, sometimes there is no getting around the fact that other people's behaviors in the past ~~have~~ a lasting, ~~deep~~ effect on how I live my life now.

Commented [KW1]: As per Strunk and White's *Elements of Style* 17: omit needless words. As per Stephen King: "I believe the road to hell is paved with adverbs." Please note that throughout text, I've removed them when they didn't otherwise add to the narrative.

Commented [KW2]: I don't think this needs to be a different paragraph. It can be moved up easily enough, and the narrative is still fine.

Commented [KW3]: Hope this recasting is okay. The old sentence was awkwardly phrased and difficult to read.



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I have been sick for going on two weeks now. It snuck up on me and ~~I wasn't able to get ahead of it, so~~ it did what all my colds do: ~~for me...it~~ went into my lungs. I have ~~been suffering~~ from acute bronchitis ~~literally~~ all of my life. Every single year growing up, I ~~would get~~ came down with it. I ~~would~~ suffered from monumental coughing fits that would last from five ~~minutes~~ to twenty minutes. And there was nothing I could do about it. Because it was ~~is~~ viral, antibiotics ~~are useless against it~~ didn't touch it. ~~All you can do is let it run its course.~~ My only option was to let it run its course. Nothing has changed in the ensuing decades.

The cough ~~can~~ lingers for up to a month, ~~which makes~~ it difficult to getting back to your life ~~difficult~~. After a certain point, people stop having ~~much~~ sympathy for you. You complain that you don't feel well, but ~~you don't look/sound sick for the most part, you look just fine.~~ Mistaking your "good day" for wellness. ~~People keep insisting that you come out and have fun, because surely you can't still be sick, and when you finally do try to do something fun~~ join them—mainly to shut them up—you have a ~~10~~ ten-minute coughing fit, complete with tears and snot rolling down your face, and ~~your~~ Your friends look at you in horror, and tell you to get that checked out, even though ~~you~~ you keep insisting there's nothing to be done ~~but that cough sounds bad and you should do something.~~ ~~People keep insisting that you come out and have fun because surely you can't still be sick, and when you finally do try to do something fun you have a 10 minute coughing fit with tears and snot rolling down your face and your friends look at you in horror.~~

All this is to say, ~~it~~ bronchitis fucking sucks. But after ~~43 3/4~~ nearly forty-four years, I've ~~pretty~~ ~~much~~ gotten used to it. It is ~~simply~~ how my body works. I hate it and it's frustrating as ~~all get out~~ hell, but there's ~~nothing I can do about it~~ it is.

The thing is, there is a reason ~~for this.~~ ~~There is a story as to~~ why I get bronchitis every year. But I ~~forget that fact, simply~~ because ~~it this illness~~ is such a part of who I am, ~~at this point that it just~~ never occurs to me ~~that there is someone outside of me to~~ assign blame for this unfortunate turn of events.

My father smoked. He smoked a lot.

I'm not ~~entirely~~ sure where he picked up the habit, but I think it was ~~when when he went~~ he enlisted ~~into~~ the army shortly after graduating high school. ~~I grew up in the 1970s and 1980s and the effects of secondhand smoke were only just beginning to come to light. I know h~~ He smoked cigarettes throughout my childhood; ~~cigarettes for many years~~ before shifting over to a pipe ~~later on~~. After I left for college, he finally quit.

Commented [KW4]: This was a good paragraph, but it needed some recasting. In addition to tense issues, your points were in an illogical order. Hopefully this helps clarify things while maintaining your style and story.



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But for me, the damage had already been done, ~~many, many, many years beforehand.~~ Keep in mind, this was the 1970's and 1980's.... the effects of secondhand smoke were only just beginning to come to light. ~~I'd already had twenty years' worth of exposure.~~

I get bronchitis every ~~fucking~~ year because my wonderful, loving ~~d~~Dad—~~—~~ who was about the kindest, ~~gentlest~~ man I've ever known, ~~and who'd would~~ never do a thing to hurt ~~any of us in any way~~ — picked up a nasty habit when he was ~~in his early 20's~~ just out of high school.

It doesn't feel good to say ~~any of this~~. My ~~d~~Dad died in 2001 of a heart attack. I miss him so much. The ~~pain with which that grief can flood me even now can still~~ brings me to my knees. He loved us all so ~~very very~~ much, ~~and would never have wished this upon me,~~ and would feel horrible ~~now knowing if he knew~~ that his ~~innocent~~ actions ~~continue to~~ caused me pain. ~~Was I, in not admitting this truth to myself, protecting him in some way? Possibly. Was I doing my best not to dwell on a past I could do nothing to change? Possibly.~~

~~Keep in mind, this was the 1970's and 1980's.... the effects of secondhand smoke were only just beginning to come to light.~~

Sometimes the stories we don't like to tell are the ones that are the most telling. ~~Was I protecting him in some way? Possibly. Was I doing my best not to dwell on a past I could do nothing to change? Possibly.~~

~~But it~~ They also serves as a vivid reminder that the things we say and do to one another (no matter how seemingly inconsequential, innocuous or innocent) can have ~~far reaching~~ lasting effects.

~~So, I~~ let go of the stories that need to be gone. But ~~don't be afraid of the ones that are~~ if they're still an active part of your life, ~~d~~Don't ignore or dismiss them; ~~h~~Honor them, accept them as part of the history that makes you you, and move forward. ~~It's not baggage if it is literally a part of you.~~

Commented [KW5]: Necessary? I don't want to delete it because it speaks to the frustration you obviously feel, but I'm not sure if its necessary for the narrative. Author's choice.

Commented [KW6]: Sentence fine as is, but my initial thought was to change it to: "Was I trying to protect myself from this same truth? Possibly." Author's choice, as you know the story best. Worth considering though, as it makes a strong point (and may be the truth as well?).

Commented [KW7]: This sentence made more sense two paragraphs up. I also did a slight reword. How does it sound?

Commented [KW8]: Moved this sentence up to the paragraph above and moved the paragraph below into this one.

Commented [KW9]: Recasting okay? I took a liberty here, but it seems as though being afraid of the stories that are still affecting you is an underlying part of this essay, as much as letting go of the stories you don't need anymore.

Commented [KW10]: I get what you're trying to say here, but I'm concerned that as an ending, it's a little weak. There hasn't been any mention of baggage up until this point. The final paragraph can stand as is, if you're okay deleting this last sentence. Otherwise, I would recommend coming up with something a little stronger.