

# Writing Memoirs and Biographies

## Hints and Tips



**W**riting a book inspired by your own life, a relatives, or a friends; or your family history, can be a deeply rewarding and cathartic experience. Whether you're crafting a memoir, a "based on a true story" narrative, or a biographical novel, sharing your experiences can connect with readers on a profound level. However, transforming personal events into a compelling story requires careful thought, and the same level of craft and skill as writing a novel.

The notes gathered here have been taken from sources covering family history, writing memoirs, and biographies. The techniques described will generally work equally well for each type of writing, so substitute biography for memoir, and visa versa as you read.

## A Reason to Write

Why capture these personal stories and recollections in text? There are many reasons for writing your life story, but the most compelling one is this:

**To Tell Your Story** – Only you can tell your story your way. Other writers cannot write it the way you want to write it. You have your voice and your style. You are writing *your version* of what you think happened from *your own perspective*.

Other important reasons may be:

**To Make Sense Of Your Life.** Often you will end up learning more about yourself in the process.

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**To Release The Pain.** Memoirists write as therapy. If you write the truth, in your own voice, a memoir can be a healing experience.

**To Leave A Record.** Writing down your experiences means that you are adding to the recorded history of the world.

**To Leave A Trail.** You will be offering family and friends your side of the story which will allow them to follow and so better know you.

**To Connect.** You are able to connect with people who have gone through a similar experience or with people who have not, but who can empathise and learn from your stories.

**To Learn How To Tell Stories.** Creating a memoir helps grow your craft as a story teller and author.

## Autobiographies vs Memoirs

An autobiography focuses on the history of the individual. It tells the whole story and requires an extraordinary or lengthy life. Memoir, on the other hand, tells part of the story. It aims to reveal some universal truth rather than recount a chronology of someone's life. It focuses on a topic rather than on the individual. The purpose of a good memoir is to inform, inspire or entertain your readers rather than provide a chronology or complete narrative.

## A Matter of Style

### Decide on the Format

Before you begin, choose the structure that best fits your story:

- **Memoir:** A non-fiction account of your life or a specific period. Stick to the truth and focus on your personal perspective.
- **Biographical Fiction:** A fictionalised version of your story. This allows for creative freedom to adapt events, characters, and timelines.
- **Inspirational Fiction:** Loosely inspired by your life, using your experiences as a starting point but building a fictional narrative.

Each format has its own rules and opportunities. Be clear about your choice early on.

Other forms

- A record of your family with you as a child, containing recollections of your parents and other living ancestors.
- A written history of an ancestor containing several generations of family information going back in time.
- A collection of family traditions and their origins.
- Family recipe collections.
- Heritage albums. More than a scrapbook; a heritage album is a record of the life of a family and includes photographs, documents, and so on.
- A record of your findings and experiences as you begin with one ancestor and work backwards, a story of research and discoveries.

## Ways of Structuring Your Narrative

The way you organise and present biographical information shapes how readers understand and connect with your subject. The two main approaches - chronological and thematic - each have specific strengths that can serve different biographical purposes.

- The **chronological structure** works particularly well when life events build meaningfully on each other. The sequential format helps readers grasp important cause-and-effect relationships in the subject's journey.
- **Thematic Approach: Exploring Key Aspects of a Life**

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- The **thematic approach** organises content around key aspects of your subject's life. This structure allows deeper exploration of specific areas that defined the person.
- **Blend chronological and thematic** elements for a more dynamic telling. This hybrid approach maintains an overarching narrative while diving deep into pivotal aspects of your subject's story. The result engages readers on multiple levels.

## Making it Interesting

What Makes a Biography Truly Compelling? It's not just about when they were born and what schools they went to. A compelling biography is a story, not a resume. It needs conflict, personality, and emotional payoff.

Think like a novelist, even if you're sticking to the facts. Make the reader feel like they've met you or whoever you're writing about. Connect the dots between life events and inner motivations. Leave your readers with something to think about; inspiration, curiosity, goosebumps.

## Focus on Themes and Emotions

Your story isn't just about what happened; it's about what it means. Identify:

- **Core Themes:** What universal truths or lessons emerge from your experiences? Resilience, forgiveness, overcoming adversity.
- **Emotional Arc:** Show how events shaped your emotions and personal growth.
- **Audience Connection:** Write in a way that readers can see themselves in your journey, even if they haven't lived through the same events.

## Create a Narrative Structure

A strong structure keeps readers engaged. Consider:

- **Beginning:** Introduce the central conflict or question early. What's at stake?
- **Middle:** Show the progression of events and your struggles. Build tension and deepen emotional connections.
- **End:** Resolve the main conflict and provide closure, whether through healing, understanding, or acceptance.

If writing fiction, adapt your life events to fit traditional storytelling structures, such as the three-act structure or the hero's journey.

## Be Honest, but Selective

You don't need to include every detail. Instead:

- **Choose Key Moments:** Focus on events that drive the narrative forward or reveal essential aspects of your character.
- **Avoid Overloading with Facts:** Balance factual accuracy with storytelling flow. Too much detail can overwhelm the reader.
- **Be Vulnerable:** Authenticity resonates. Share your fears, mistakes, and triumphs.

## Research and Verify

Even if you're writing about your own life, research can:

- **Confirm Dates and Facts:** Ensure accuracy for historical or well-documented events.
- **Provide Context:** Understand the social, cultural, or political background of the time.
- **Add Depth:** Include sensory details or anecdotes to enrich the narrative.

### Handle Sensitive Topics with Care

If your story involves violence, abuse, or trauma, be mindful of how you present it:

- **Avoid Sensationalism:** Focus on the emotional and psychological impact rather than graphic details.
- **Provide Context:** Help readers understand why events unfolded as they did.
- **Offer Hope:** Even in the darkest stories, show resilience or a path toward healing.
- **Include Trigger Warnings:** Alert readers to potentially upsetting content.

### Use the Same Writing Techniques as You do for Fictional Storytelling

#### Show, Don't Tell

Instead of saying "he was kind," show him giving his last sandwich to a hungry stranger. Good writing paints pictures. Use dialogue, descriptions, and moments of vulnerability to bring your subject to life.

Let readers feel the emotions your subject went through. The more senses you can engage, the more immersive your writing becomes.

#### Make the Person Human

We love biographies not because people are perfect—but because they're relatable. Highlight struggles, contradictions, and growth. Let us see the messy middle, not just the polished final act.

Talk about failures as much as successes. Show your subject doubting themselves, making mistakes, learning lessons. That's what makes them real.

#### Incorporate Dialogue and Description

One effective technique is including authentic dialogue supported by your research sources. Conversations help readers hear your voice and the voices of those you're interacting with. Through this they can better understand the personalities involved. Even short quotes from letters or interviews can add significant depth.

Rich descriptions are equally important for immersing readers in your subject's world. For instance, if your memoir covers playing in a band, you might describe the atmosphere of the jazz club you first played in and the nervousness you felt. These details help transport readers into the story.

#### Other Techniques

- Use **pacing techniques** to keep things moving.
- Use **foreshadowing** and **flashbacks**.
- **Stay focused** on the narrative. Odd pieces of off-topic text can be very distracting. Adding random pieces of content dilutes your story. It starts to feel rambling and the message becomes lost.

### Handling Delicate Topics

Most **biographies** encounter delicate or disputed aspects of their subject's life that require careful treatment to maintain both accuracy and respect. When addressing challenging topics, aim for balanced coverage that presents multiple perspectives. If your subject faced controversy, present the available evidence clearly and let readers form their own views. Like historians weighing different accounts and acknowledging complexity, your role is to provide a fair, nuanced picture while addressing difficult truths head-on.

Writing **memoirs** can be a deeply personal and therapeutic process, but it's essential to approach it with sensitivity, especially when involving family. Here are some tips on how to write your memoirs without offending your family or exposing sensitive issues:

- **Consider Your Intentions:** Clearly define the purpose of your memoir. Is it for personal reflection, family history, or a broader audience? Understanding your intentions will guide your approach.
- **Open Communication:** Discuss your decision to write a memoir with your family beforehand. Inform them about your intentions, and be open to addressing their concerns or suggestions.

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- **Respect Privacy:** Respect the privacy of your family members. Avoid sharing details that may be personally embarrassing or hurtful, even if they contribute to the narrative.
- **Change Names and Details:** Consider using pseudonyms for family members or changing certain details to protect their privacy. This allows you to maintain the essence of the story without exposing individuals.
- **Focus on Your Perspective:** Share your experiences and perspectives rather than making absolute statements about others' feelings or motivations. Emphasise your personal journey and growth.
- **Highlight Positive Aspects:** Showcase positive and uplifting aspects of your relationships and experiences. This helps create a balanced narrative and fosters a more supportive atmosphere.
- **Acknowledge Different Perspectives:** Recognise that everyone has their version of events. Acknowledge that your memory might differ from others' recollections, and be open to different perspectives.
- **Seek Permission:** If you plan to include specific stories or details involving family members, seek their permission before publication. This shows respect for their feelings and boundaries.
- **Omit Certain Details:** Some details may be too sensitive or unnecessary for your memoir. Use discretion in deciding what to include, and consider omitting information that could cause harm or discomfort.
- **Capture Emotions Rather Than Blame:** Express your emotions and reactions to events without assigning blame. Focus on how experiences shaped you rather than placing fault on others.
- **Consult with a Therapist or Editor:** Consider working with a therapist or editor who specialises in memoir writing. They can provide guidance on navigating sensitive issues and offer valuable insights.
- **Be Prepared for Reactions:** Understand that family members may have various reactions to your memoir. Be prepared for a range of responses, including support, disagreement, or requests for changes.
- **Include a Disclaimer:** Consider including a disclaimer at the beginning of your memoir, explaining that the book reflects your personal perspective and experiences.
- **Review and Reflect:** Take breaks during the writing process to review and reflect on the potential impact of your words. This helps you maintain a balanced and considerate approach.

Remember, the key is to approach the writing process with empathy and a genuine desire to share your story while respecting the feelings and privacy of others involved in your story.

## Sources

The following sources were ransacked to put together this guide.

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"Navigating the Unseen: A Guide on Writing About Difficult or Painful Experiences" -

<https://www.iloomi.com/articles/navigating-the-unseen-a-guide-on-writing-about-difficult-or-painful-experiences>

"7 Really Good Reasons To Write A Memoir" - <https://www.writerswrite.co.za/7-really-good-reasons-to-write-a-memoir/>





### Writing Challenge

Writing a memoir or personal story isn't everyone's cup of tea, so this month's challenge is to write about a short event in your own life that you're willing to share, or write a fictional piece inspired by a small, filler-news article you have read in the Press, North Canterbury News, or Hotline, or Hurunui Magazine. A fun source might be *Papers Past*. <https://paperspast.natlib.govt.nz/>

Use all the tools you have to hand to grab the reader's attention;

- A strong hook to get started.
- Foreshadowing (if appropriate)
- Suspense (if appropriate)
- Dialogue
- Pacing
- Show, Don't Tell

If your memoir or fictional story includes sensitive topics, handle them with the care described in this article.

