

Info Dump Detox Worksheet

1. Spot the Info Dump

Instructions: Copy a passage from your draft (2–4 sentences) that feels “heavy” in backstory or exposition. Paste it below and underline or highlight the key facts.

Your Passage:

(Paste here)

Key Facts (Who? What? When? Where? Why?):

- 1.
- 2.
- 3.

2. Apply “Show, Don’t Tell”

Instructions: Choose one of the key facts above. Rewrite it as a brief scene or image-driven moment—show the fact through action, dialogue, or sensory detail.

Fact to Show: (e.g. “Great-Grandma emigrated in 1910.”)

Scene Rewrite: 3-5 sentences below.

3. Layer the Backstory

Instructions: Break the remaining facts into two “breadcrumb” reveals. For each, jot a hook that will make a reader curious before you explain.

Curiosity Hook (one sentence)

Identify where in the story you want to place it.

Hook #1

Hook #2

4. Embed in a Scene

Instructions: Pick one of your breadcrumb reveals and frame it within a scene. Choose one of these methods:

- ☐ **Dialogue:** Two characters discuss or argue over the fact.
- ☐ **Discovery:** Your narrator finds a letter, photo, or diary and reacts.
- ☐ **Action:** A character performs an action that demonstrates the fact.

Now Write a Scene Sketch (4–6 lines of dialogue or action):

5. Trim Ruthlessly

Instructions: List any extra details you included around this passage.

Then decide: keep (✓) or cut (✗).

6. Final Rewrite

Instructions: Now, integrate your scene rewrite (from steps 2 & 4) and any necessary concise context (from step 3) into a polished 6–8 sentence version.

New Passage:

(Write here)

Detox Complete! Review your new passage—does it flow more naturally? Feel free to repeat this process for other heavy spots in your draft.