****Muscle Statements**

1. **Provide an Example**

**Just describe an example of your reason. This could take one sentence or several. This is where you can use specific adverbs and sensory words.**

*For example… One example of this is… Another example of…*

1. **Who cares?**

**This is where you write a bit about why your reason is significant, valid, or important to the argument. Why is your reason important? Who cares? Answer that and you have a muscle statement.**

*This is particularly important because…*

*I find this to be significant because…*

*This is important…*

*This has merit because…*

1. **If…Then**

**This is basically a cause and effect statement. You are stating that IF one thing happens, another could potentially occur. You use this when you try to show the big changes that a particular choice or action might have.**

*If parents don’t give their kids freedom, then they will never learn to make good decisions on their own.*

*If I had the chance to write my own television show, it would be popular and downright fabulous.*

*If we don’t stand up for our rights, then no one will.*

1. **Q & A**

**This is when you ask a question related to your reason and answer it.**

*Have you ever heard her sing? It is earth shatteringly fabulous.*

*Can you imagine life without a cell phone? It would be a disaster.*

*What is the worst that could happen is people watch too much reality TV? Not much.*

*When will the government stop invading our privacy? Probably, never.*

*Do you think it is fair to set arbitrary curfews for teens? Definitely not.*

1. **Anecdote**

**This is just like the strategy you used for introduction hooks. Share a personal story or experience. Remember—the readers don’t know you. It could be totally made up!**

*I remember… When I was younger… One time,…*

1. **Fact/ Data**

**This is just like the strategy you used for introduction hooks. Share some facts or statistics. This is tricky for timed writing. The scorers know that you don’t have access to data or a computer during the times writing. You don’t want it to be obvious that you make up crazy numbers. Stick with facts that use generic details.**

*The number of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***increases*** *each decade.*

*The rate of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***decreases*** *each second.*

1. **Emotional Statement**

*I feel\_\_\_\_\_\_ when I think… I feel… This makes me so\_\_\_\_\_\_\_\_\_. How would you feel if\_\_\_\_\_\_\_\_?*

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