



Writer's Block

What Writer's Block is and how to cure it



What is Writer's Block?

- An inability to write on a given topic because of a lack of inspiration.
- It can be caused by a number of factors
- It can affect all types of writing
 - Creative writing projects, essays, business proposals, etc.



What causes Writer's Block?

- Fear or anxiety about writing
 - You're so nervous that the ideas won't flow
- The topic is uninteresting or difficult for you
 - You're too bored to write
 - You're not sure what you're supposed to be writing



- Other causes:
 - Lack of knowledge on the topic
 - Personal or outside issues/stress
 - Distractions
 - Time/deadlines
 - Hours of productivity
 - Laziness.....



How do you cure Writer's Block?

- Free Writing/stream of consciousness
 - Just start writing whatever comes to mind
 - Get your thoughts on paper and the ideas may flow with them
- Show and tell
 - Share your ideas with a friend or family member
 - Talk them over with the professor



If you don't understand or don't know anything about your topic:

- Research your topic
 - Read articles on similar topics
 - See what the professionals have to say
- Ask your professor
- Ask classmates
 - Ask them what they think the prompt means



If your topic bores you:

- Try to find one area of your topic that interests you
- Think "A"
 - Motivate yourself by thinking of the grade you want to get
- Do a little research
- *Pick another topic



If you're afraid of writing or unsure about your writing skills:

- Think positively
- Let your ideas out then fix the mechanics later
- See a tutor
- Bounce ideas of someone else to get positive feedback
 - Positive feedback = confidence



If personal issues and stress get in the way:

- Stretch
- Compartmentalize
 - There is a time and place for everything
- Write in an environment free from stressors
- Remember what you're writing and who you're writing for



If you are easily distracted:

- Turn off your cell phone
- Work in an area that eliminates distraction
- Give yourself a deadline or time limit
- Mind over matter
 - Things only distract you if you let them
 - Any and everything can potentially be a distraction



If the deadline is near:

- Stay focused
- Relax
- Don't get overwhelmed
- Don't forget that you are the expert
 - The writer must always assume that he/she knows more than the reader
 - This usually builds confidence and makes writing go smoothly



If you're not writing during your hours of productivity:

- Determine what your hours of productivity are
 - Are you a morning person or an evening person?
- Try to schedule your writing time during your hours of productivity



If you're just plain LAZY:

- Get over it
 - Whether you like it or not the paper must get done
- Create "false deadlines" to motivate yourself to work on the paper
- You have to do the work to get the grade
