

The background features a stylized landscape with rolling green hills in the foreground and middle ground. On the left, a flower with a dark purple stem and several large, overlapping petals in shades of purple and pink grows from a small mound of orange and brown earth. The sky is composed of several horizontal, wavy bands of light blue and white, creating a sense of depth and movement. The overall style is clean and modern, using flat colors and simple shapes.

# Writer's Block

# Writer's Block is real.

- *People often joke about it, but it's as real as stage fright. Writer's block usually manifests itself in the following ways:*
  - *Having nothing worthwhile to say*
  - *Being overwhelmed by the amount of information to be organized*
  - *Wanting to avoid getting started*
  - *Being uninspired*



# Strategies

- from professional writers:
  - Jack London wrote 1,500 words before breakfast every day no matter how good or bad
  - Stephen King writes eight pages a day, “no more, no less” as a way to prevent writer’s block
- What’s the solution to Writer’s block? Steve Almond answered on [Writersmag.com](http://Writersmag.com):
  - There is no “solution.” Or rather, every writer finds her own way out. My own solution has been to set the bar as low as possible – to simply get yourself to the keyboard and try to get some words down. That’s all you can do. Show up and try. Devote as much attention as you can to the work, and try to ignore the noise in your head about whether you’re good enough [or] will ever get published – that whole narcissistic loop. It’s attention directed at the wrong drama.

## Some things you can do . . .

1. Think about the task as already completed. See yourself finishing it in plenty of time, handing it in, and not having to worry about it anymore. Imagine how good it's going to feel.
2. Go back to the Outline/Plan. It should be all there.
3. Schedule a specific time to work on it – not a general “sometime this weekend” – but Wednesday from 4 – 6PM. Once you've made the appointment with yourself, put the anxiety away.
4. Some writers complain they can't get started, can't write the first paragraph. Who says you have to start at the beginning? Write a section you think is the easiest first.
5. Minimize distractions. Focus on the task at hand: write the paper. Give it your full attention, and it will begin to make sense and unfold itself to you.

## *One more thing:*

*Try talking to someone about your paper. Give them the run down of all the information you have gathered and what you want to say. Pick a really good listener that can remember what you say.*

