

*The Ultimate Guide for*

# OVERCOMING WRITER'S BLOCK

*Tips & Tricks  
to  
Unblock Your Mind*



# CONTENTS

Introduction	02
Chapter I: Understanding Your Writer's Block	03
Chapter II: 10 Ways to Unblock Your Mind	05
Chapter III: Unblocked & Ready to Rock	11

# INTRODUCTION

---

If you're reading this, then you're more than likely stumped. Blocked. Imaginatively bankrupt.

Writer's block has been called by many names, but it all boils down to one problem: the words and ideas that once flowed so easily from your brain and onto the page, just aren't flowing anymore.

While this phenomena is purely mental, it can start to affect all areas of your life if you don't find a way to break down the brick wall barring your creative juices. Luckily, you've taken the first step to unblocking your mind and getting the words flowing again by opening this book.

The Ultimate Guide for Overcoming Writer's Block: 10 Tips & Tricks to Unblock Your Mind, is a book written by writers for writers. At \_\_\_\_\_, we are dedicated to helping writers reach their full potential, and if you're reading this, then that includes YOU. Whether you're a fantasy writer or a technical writer, a poet or a college student—writer's block doesn't discriminate, and we know how truly frustrating it can be.

So, find comfort in the fact that you are not alone in this debilitating state, and even the great Stephen King, Maya Angelou, Jack London, and countless other famous writers have suffered from writer's block at some point in their careers. Rest assured, you don't need to be a literary genius to break down the walls in your mind, you just need to arm yourself with a few extra tools, like sledgehammers—and by sledgehammers we mean tips and tricks. And in this guide, we've got plenty.

So, sit back, get comfortable, and prepare to unblock your mind.

# CHAPTER I

---

## UNDERSTANDING YOUR WRITER'S BLOCK

Writer's block has many ugly faces. It doesn't always mean sitting and staring at a blank page and a blinking cursor, it can also look like actively avoiding writing because you can't find the motivation. No matter which form of writer's block is currently occupying your mind, remember, that it's just that: in your mind.

While that fact isn't necessarily comforting, it's good to understand why you're experiencing writer's block from a [psychological perspective](#).

### **Common Causes of Writer's Block**

#### **1. *Perfectionism***

Ah, perfectionism. One of the best and worst traits a writer can have. Best, because it allows you to give your work everything you've got. Worst, because you may feel like you're never satisfied with your work no matter how much time and effort you dedicate to the piece.

#### **2. *Low Confidence***

More than likely, someone is going to read what you're writing (or trying to write). Real people are going to see your work and have real opinions. Even if you don't consider yourself a perfectionist, the idea of someone reading what you're writing can make you put extra pressure on yourself. Whether you're trying to write your next novel for the masses or a term paper for peer review, you may feel a certain pressure to perform.

Even if this isn't the case and no one is ever going to see what you're working on, you may still have some self-doubt. You may wonder if you have the skills to write to a certain standard, or wonder why your ideas aren't as creative as you'd like them to be.

### **1. *Lack of Motivation***

Even the most successful writers lack the motivation to sit down and write from time to time, and if writing isn't your favorite pastime, then that lack is tenfold. Motivation and inspiration are spontaneous moments that every writer is after.

But while motivation and inspiration are great when they strike, and you should by all means take advantage of them when they do, they aren't all it takes to finish your writing project. If any of your favorite authors relied on motivation to finish their novel, then they would have never finished. That's the sad truth. Instead, a little friend called discipline was involved—but more on that later.

#### **There Is Hope**

Maybe none of the reasons we mentioned above are why you're experiencing writer's block, or maybe they are. Either way, rest assured that there is hope for your writer's block.

If there's one thing about writer's block that applies to all of us, it's that it won't last forever; we can promise you that. Think about a minor incident in your life, where in the moment you thought your life was over. Maybe you failed a test or you got rejected in some way, but how often does it cross your mind now? Probably not much, if at all. That'll be your writer's block by the time you're done trying all the tips and tricks in this guide.

Not to sound cliché, but there's light at the end of the tunnel, even if you can't see it yet. Just keep reading.

## CHAPTER II

---

# TEN WAYS TO UNBLOCK YOUR MIND

Now that you have a better understanding of your writer's block, or hopefully feel a little less alone, it's time to arm ourselves with tools to break down the walls in your mind for good.

We've compiled a list of 10 tips and tricks that we've tested to help you combat your mental block and get the words flowing again.

### ***Tip #1 Read Your Past Work***

Guess what? You can write. There, we said it. But before you close the book, hear us out.

Since writer's block is a purely mental struggle that is mainly caused by self-doubt, perfectionism, etc., then why not prove to yourself that you are at least capable of writing?

If you're a student struggling with an essay, then find your past papers that you've written in the far corners of your desktop. Pull them up and take the time to read through them. If you're a fiction reader, then pull up past stories you've written and read them.

Aren't they great?

The point of this tip is to show you that you are capable of producing good work, and you will again.

**Tip #3 Make a Routine**

Whether you're a full-time writer or a part-time writer of some kind, there are times when it seems like there's just not enough hours in the day to sit down at your computer and write.

Face it: Many of us spend more time thinking about writing than actually writing.

And right there, may be your problem. No matter how busy your schedule is, try to find a designated time in your daily routine where you can just sit down at the computer and write.

Maybe you light the same candle, or make the same cup of coffee to get in the writing mood. But the key is to train your brain with discipline. Start small, and carve out just fifteen minutes of no distractions, just you and the page. Who knows — fifteen minutes may pass, then another twenty, and another thirty, and you've written an entire page or two.

Protect your writing time, and allow yourself time each day to leave all your worries about the external world at the door, and only focus on your internal world. You'll be amazed how being disciplined about your writing can start to take apart those mental blocks.

**Tip #4 Be Active**

Exercising not only reduces stress, but has several other positive effects on the mind, assisting in focus, memory, and overall productivity.

If you're already avoiding sitting down and writing altogether, or you have been sitting down for hours and nothing's coming out, then it's time to get moving. You don't need to run a marathon to reap the benefits of physical exertion.

James Patterson is known for taking walks during the day in between his writing time. He even claims he takes a ball with him and kicks it along as he walks

around. Not only does the activity and being outside help him distress, walking may help clear your mind and spark ideas you didn't know you had inside of you.

**Tip #5 Switch it Up**

While switching up your writing routine might seem like it's contradicting Tip #3 Make a Routine, it's really not.

If you always write in the same dark room staring at the same dark wall and nothings working, then why not try writing in a different room, or at least staring at a different wall. Make a new routine. Maybe you normally write first thing in the morning, why not try writing before bed? Or even during your lunch break?

Just because your writing routine worked for you in the past, doesn't mean it's what's best for you now. Part of the fun of the writing process is not only putting words on the page, but discovering when, where, and how you work best. Try switching up some of these writing aspects next time you write:

- Try writing in a different room
- If you normally write without music, then trying writing with music or vice versa
- Write in a coffee shop, library, or somewhere outside your home.
- Set a timer for 15 minutes, and word vomit everything you can think of. Some people work better under extra pressure.

**Tip #6 Try a Different Writing Prompt**

Since this guide is meant for writers of all kinds, what you may be struggling to write right now may differ from another readers' struggles. So, whatever it is you're working on (or in this case, not working on), set it aside. Hide it in the far corners of your desktop or lock it in a drawer.

Now, find some kind of creative writing prompt that is far from whatever you are used to writing. Even if you aren't a fiction writer, giving yourself free reign to let your brain focus on something that isn't the writing project at hand is a great trick for unlocking different parts of your brain and get you excited about writing again.



**Tip #7 Daily Affirmations**

Even if you've never been one for meditation or other mindfulness techniques, there's one easy thing you can try at home to start thinking positive—and it only involves you and your voice.

Saying daily affirmations aloud, or even writing them down each day is a great way to build self-confidence and banish self-doubt. Affirmations are an easy way to tell yourself that you are more than capable of writing, and writing well.

Here are some affirmations that you can try to write down or say aloud each day. (You'll get bonus points if you say them while looking in a mirror)

- I am a writer.
- I deserve to be a writer.
- I can overcome writer's block because I am creative and talented.
- I possess creative ideas inside of me.
- My work deserves to be seen.

Not resonating with any of these? Then try coming up with some of your own!

**Tip #8 Work When You're Exhausted**

When we're tired, the last thing we want to do is work. But hear us out on this: writing when you're exhausted may be the key to producing some of your best work.

Try this: as soon as you wake up, head straight to your computer. The teeth brushing and coffee can wait. Pull up your document and start typing the first things that come to mind. Your brain is fresh (albeit a little slow) right now, and you may even still be in a dream-like state. Many of our writers have reported being in this lucid state has helped them produce their best work.

If you're completely against morning writing, then try the same thing at night. Instead of crawling into bed at night, crawl to your desk and start writing. You may be surprised at the results.

**Tip #9 Experiment With How You Write**

If you're reading this, then you've proven that you're already willing to try new things to end your writer's block, so what's one more experiment? You more than likely use a desktop computer or laptop of some kind to get your writing done, but what if you.... didn't? At least, at first.

This tip may seem like it belongs in the "Switch it Up" category, but in reality it's a tip so helpful it deserves to stand on its own.

Before there were computers, authors wrote long hand. Then on a typewriter, and eventually on a word processor and so on and so forth. While you may not have a typewriter laying around, you do have a pen and paper.

Stephen King, Ernest Hemingway, and J.K. Rowling are only a few of the great authors that wrote entire novels longhand. Switching up how you write by using a pen and paper instead of a computer has a plethora of benefits. Handwriting not only will force you to slow down and think, it's proven to help sharpen the brain and even influence positive thinking.

While you may not be writing your entire novel or essay long hand, you are writing something. So, close the laptop and pull out a notebook and start writing.

Pro tip: Even switching up your pen color from blue to black (or any other color you have lying around the house) may help your brain look at your work differently.

**Tip #10 Join a Writing Community**

We've saved the best tip for last: join a community of writer's. Humans are social creatures by nature. Even if you're an introvert who's perfectly content with staying home alone for days or even months on end, connections with other people is still crucial to our existence.

In any aspect of your life, surrounding yourself with likeminded people can be a great way of making friends and sharing experiences with others. So, why not

## CHAPTER II

share your writer's block with others? Not literally, that is. Writer's block isn't a contagious disease, but it is something that other writers have experienced from time to time, and talking about it can help you overcome yours.

Joining a local or online writing group is a great way to be around other people who have experienced or are experiencing what you're going through. Not only is it a support group of sorts, it's also a great way to receive feedback on your work later on, and help out others by giving feedback. A true win-win in the world of writing.

# CHAPTER III

---

## UNBLOCKED & READY TO ROCK

Congratulations, you've made it! By now, you've tried a few or all of the tips and tricks for getting rid of your writer's block, and have hopefully put some new words on the page. Whether you've only chipped away at the bricks in your head or demolished the entire wall, you're one step closer to restoring your creative juices pre-writer's block.

Keep repeating the exercises in this guide, and we promise you'll kick your writer's block every time—and may even prevent it from happening in the future.

If you found this guide useful, or are interested in similar writing-related content, then make sure to check out our other guides at [www.reallygreatsite.com](http://www.reallygreatsite.com) for free guides!

