

Overcoming Writers Block

Writers block is similar to stage fright. When the pressure is on, you just don't know what to say. You sit in down in front of your computer, knowing what you intend to write about, but the words don't flow.

When you absolutely have to meet a deadline, it seems like this is when writers block is most likely to strike. As the deadline looms closer, your anxiety increases, and fear begins to creep up on you. In a state of panic writing becomes impossible. You have become inflicted with the dreaded writers block.

This condition eats away at you, and creates self doubts about your writing skills. It builds upon these doubts and fears, magnifying them, and blowing it so out of proportion that you feel like you will never be able to start, let alone finish your writing project.

First of all relax. Tension is a creativity killer. Close your eyes, and take a couple deep breaths. Now lets look at some of the root causes of this temporary problem, and some solutions, so you can move on, and do what needs to be done.

1) Procrastination: You have waited until the night before your article, or report is due, and now you need it done right away. You have become your own worst enemy by putting off what you should of started days ago, and now you are paying the planning to write about. Then create a outline, and keep it handy as you begin to write.

2) Distractions: You will need to focus, and concentrate when you are writing. Turn off the phone. Ask roommates to not interrupt you while you are working. Pick a place where you will not be disturbed, and there are no distractions. Decide to forget about all the things that are happening in your life, and everything that needs to be done. Let the time you spend writing be a little vacation from your every day worries. Exist in the moment, and write freely.

3) Getting Started: The first sentence is the hardest one to write. You want it to be perfect, and to captivate your reader, so they are compelled to read on. You don't have to start at the beginning though. Why not begin in the middle? Or write the ending first? Begin with whatever comes to mind. You can deal with sentence structure, paragraphs, and other details later. This is a rough draft that you composing. When the draft is finished, you can organize what you have written, and rewrite it in a more coherent way.

4) Perfectionism: Trying to be perfect will often stall your writing efforts. Avoid writing, analyzing, erasing, and writing it over. Doing this will slow you down. If you keep it up, you will end up in a rut; writing, and rewriting the same sentence over, and over again. Start with something. You might not like it, but set aside your fears, and self doubt, and write without editing anything.

5) Fear: Try to realize that your fears of failure are holding you back, and then push on in spite of them. When you meet your fears head on, and conquer them, you will feel a huge sense of accomplishment. Sometimes we are so self conscious that we seem unable to stop our critical thoughts about ourselves, and what we are writing. Turn off your inner

critic, and compose instead of editing.

You can overcome your writers block now that you know some of the reasons for it. Be prepared, and approach your writing task in a calm manner. In a Zen like way, become one with yourself, and your topic. Let the words flow from your inner spirit, without a care in the world. Make the effort to give yourself enough time to finish. Most importantly begin with something; Anything will do, just as long as you get started.

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