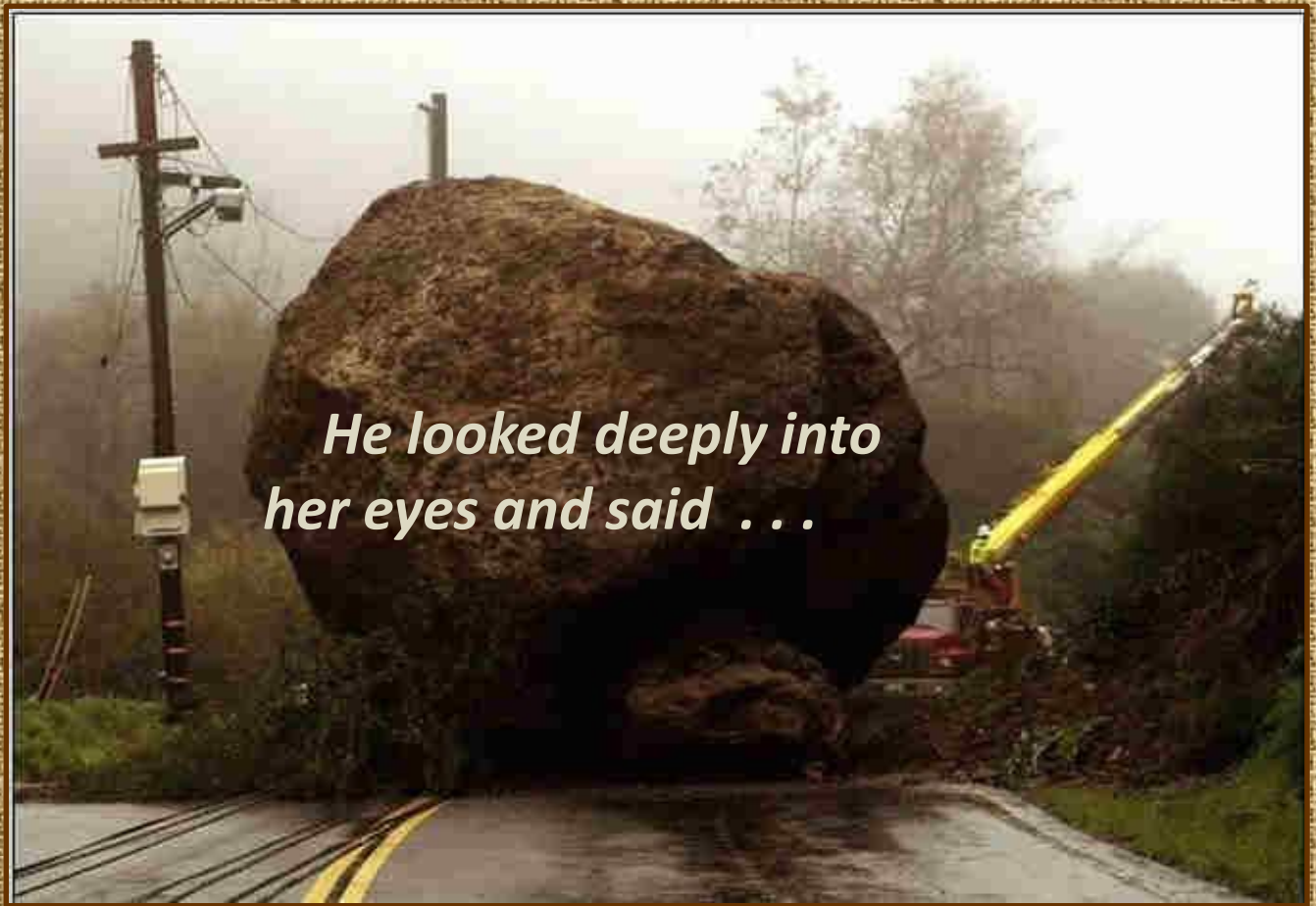


# Overcoming Writer's Block



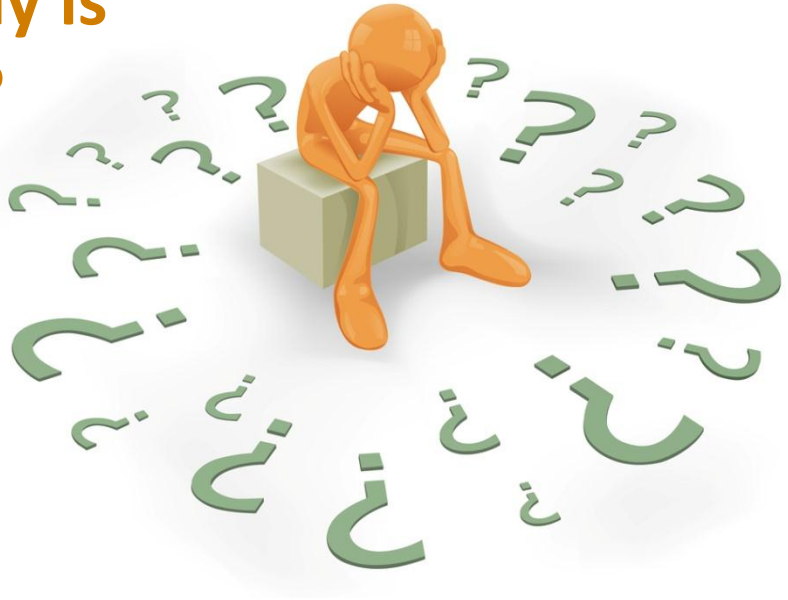
*He looked deeply into  
her eyes and said . . .*

**Tips and tricks for overcoming one of  
the worst thing that can happen to a writer.**

**Presented by Elaine Overton**

## So, what exactly is Writer's Block?

Well, that all  
depends on  
who you ask.

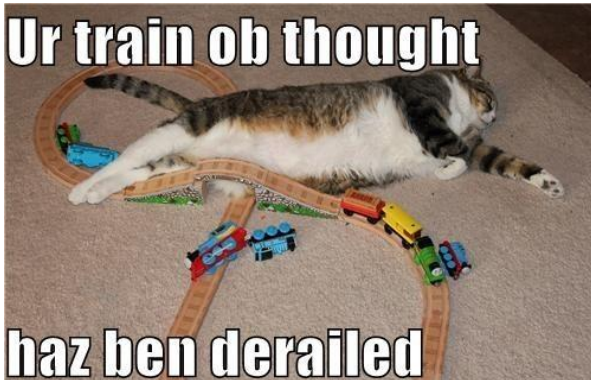


Typically, when we think of writers block we think of a temporary condition that occurs during the process of trying to complete a project. But everyone is different and for some this “block” occurs more frequently than in others , there are the lucky few who never experience it throughout their entire career, and then there are those who believe that “real writers” never experience writers block because it does not exist.

Giving the hectic pace of modern life, is it any wonder how the general stresses of work and family could interrupt the creative flow?

For some, writers block feels like falling into a black hole you just can't seem to climb out of. But sometimes overcoming writers block is really just a matter of understanding how you got there and thereby gaining the tools needed to dig your way out.

There are a lot of ways a writing career can go off the rails, but nothing is quite as disturbing as the feeling of abandonment that comes with your characters going silent. Here are some of the most common causes :

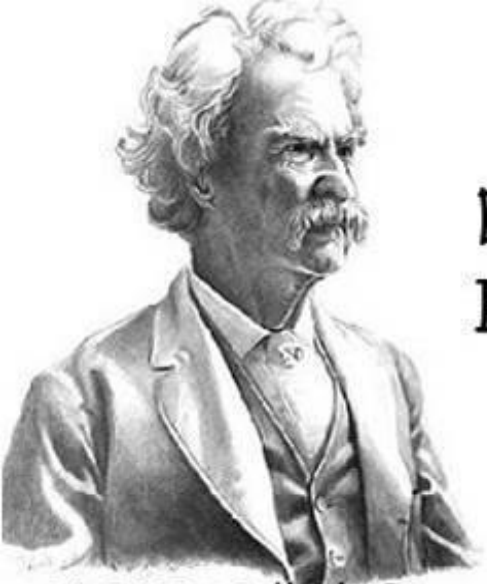


- Fear of Failure (or success).
- Over extending yourself (trying to squeeze 34 hrs worth of s stuff into a 24 hr. day.)
- General fatigue or burn out.
- Deadlines.
- Obsessing over a project or falling into the perfectionist trap.
- Lack of inspiration.
- Lack of motivation or a tendency

to procrastinate.

- Feeling overwhelmed by your project, not knowing where to start.
- Lack of research / planning / character development BEFORE you begin your project.
- “Tech Envy” – feeling like you just can’t write without the latest software or newest computer, etc.
- Writing the wrong genre or as I like to call it: trying to fit a *square-block-into-a-circle* syndrome.
- Media addiction (just can’t seem to turn off the TV or stop checking your twitter feed or updating your FB status.)
- Over romanticizing the process of writing.
- Emotional strains or problems that are seemingly beyond control (physical illness, Depression, relationship problems, financial stresses, etc.)

Writer's Block:  
When Your  
Imaginary  
Friends Won't  
Talk To You



quotespedia.info

Denial ain't just a river in Egypt.

Step #1  
Diagnosing the problem

Mark Twain

Any good therapist will tell you that the first step to recovery is identifying the “root” of the problem. Take a moment to consider and then write below what you believe are the top (5) distractions in your life.

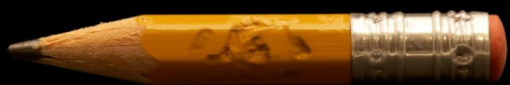
Now give them each a letter designation  
(A) Internal (B) External

Which do you have more of  
internal or external distractions?



## Tip #1: Don't believe the hype

Professional writers don't  
get writer's block.



## Tip# 2: Dealing with the well meaning

I KNOW YOU HAVE WRITER'S BLOCK,  
HONEY, BUT DO YOU REALLY THINK  
THAT'S GOING TO HELP?



# Tip# 3: It's okay to walk away . . . for a while



# Tip# 4: You block DOES NOT define you!

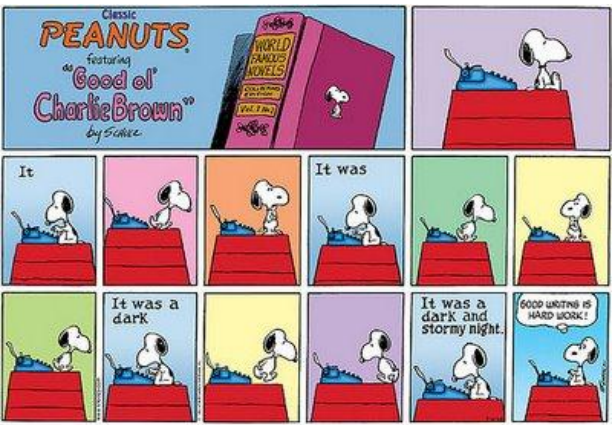


**WRITER'S BLOCK**

PUTTING THE UR IN FAILURE.



# Tip# 5: Even the pyramids were built one brick at a time



When all else  
Fails . . .  
You may need to  
resort to the  
Stress  
Reduction Kit 😊

# **Stress Reduction Kit**



## **Directions:**

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.