

Overcoming Writer's Block

Writer's block is an overwhelming feeling of being stuck without the ability to write something new.

Causes

1. Self-criticism
2. Fear of comparison
3. Lack of external motivation, such as attention or praise
4. Lack of internal motivation, such as the desire to tell one's story
5. Physiological reasons, such as tiredness

Tips

- Let the words find you. Meditate, walk, shower, or listen to music and see which ideas come.
- Try visuals. Create a mind map or a drawing that is related to the story or assignment.
- Write something else. Write in a journal, your notes app, or on a sticky note. Write down anything that's on your mind! Change your scenery. Whether on your front porch or in a different room, switching the scenery helps.
- Don't start at the beginning. The most intimidating part about writing a paper is starting it. Instead of starting with the introduction, dive into the middle or the end of the paper and go from there.
- Balance your inner critic. A first draft can't be perfect. The purpose of drafting is to record your ideas.
- Sleep. Yes! When we're sleep-deprived, we have a harder time processing thoughts. Take a power nap or get a full night's sleep before you write.
- Get feedback. Talk with a friend, family member, or tutor. Tutors at the Writing Center can help with any stage of the writing process.



Georgia College Writing Center
writing.center@gcsu.edu
Mon. - Thur. 9am - 7pm | Fri. 9am - 2pm
Sat. 2pm - 4pm | Sun. 2pm - 4pm*

Schedule an appointment through the Unify portal

*All Writing Center appointments are virtual for Spring 2021

