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Blast Your Writing Blocks

By Angela Booth

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Summary: Writing blocks are usually related to some form of anxiety, or to a lack of information. Here's how to conquer them.

Category: Writing

Words: 800

Blast Your Writing Blocks

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How many words do you write a day? Some novelists manage 2,000 words a day or even more, but most writers feel they've done a good job if they can turn out 500 to 1,000 words.

Blast Your Writing Blocks

If you're writing zero words a day, you're blocked. Writers get blocked because they're anxious, or because they don't have enough information.

=> Dealing with anxiety

Anxiety can show up in various forms, either physical, mental, or emotional. You may feel tired, or have a head-ache. You may decide that you're bored with what you're writing, or so depressed you can't think. Or maybe you convince yourself that you're just too busy (the lawn needs mowing, and you should spend time with the kids). You'll do your writing tomorrow.

The anxiety block is hard to manage because you often don't realize that it is a block. You have terrific reasons for not writing. No one would expect you to write with a migraine, would they? And you really do need to mow the lawn.

The only way I've found to manage this block is to be tough on myself. I set myself a daily word target, usually 1,000. I may not reach that target, but before I go to bed, I **MUST** write 500 words. Every day.

Paradoxically, I've found that even when I'm not in the mood to write, or when I have a headache that would fell an ox, I feel better when I've written my 500 words. I often go on to write the full 1,000.

The most pernicious anxiety block occurs when you're convinced your writing is worthless. This block may happen as a result of chaos in some other area of your life: perhaps with relationships, or illness, or finances.

Handling this block takes careful management. First, try to see that it's a block, which has happened because of the stress you're under. Your writing is fine --- you've just lost perspective. If you can convince yourself of this, it's a major achievement.

Try to write anyway, even if you feel your writing is trash. If you can't, take a break from writing without feeling guilty. Relax, exercise, eat well, and indulge in a few movies, or a favourite hobby.

If this block lasts for more than a month or two, visit a

therapist. There's no shame in this, and seeing someone can save you endless months of frustration.

=> Eliminating the "no info" block

You can also get blocked because you don't have enough information. You're trying to write the final draft, instead of tackling the writing process draft by draft.

Here's a handy way to prevent the "no info" block by taking your writing through clearly defined stages:

A. First draft: your thinking draft. In this draft, you write whatever you like. You're aiming for quantity here, rather than quality.

B. Your second draft. Your first draft has shown you what you want to say. In this draft, you have a crack at saying it.

C. Your clean-up draft. Your final draft. You've said what you want to say, now you get a chance to say it better. You clean up the redundancies and spice it up.

In practice, stage B may have several additional drafts, as many as you need: B1, B2, and more.

The easiest way to kill the no-info block for good is to allow yourself to write badly. Every day. This is because writing is hard when you try to think and write at the same time. Allow yourself to think on paper for as many drafts as you need. Then write the final draft with confidence.

=> Writing cycles

This isn't a block, it's a process. Everything happens in cycles, even your writing. Sometimes your writing catches fire. You're inspired. At other times, writing is like wading through quicksand, and it takes you forever to write 200 words.

Accept this. When you're in the low part of the cycle, aim lower. If your target was 1,000 words a day, make it 200. Or even 50.

Blocks are a part of the writer's life. Use the above tools to write your way out of them. As incredible as it may seem when

you're in the middle of a block, the day will dawn when your block is not even a memory, and you can confidently say: "There's no such thing as writer's block!"

Resource box: if using, please include

Digital–e: For writers and creatives.
Ebooks, free ezines, Creatives Club.
Love to write?
Turn your talent into a business!
<http://www.digital–e.biz/>

Writer, author and journalist Angela Booth has been writing successfully for print and online venues for 25 years. She also writes for business. On her Web site <http://www.digital–e.biz/> she conducts workshops and courses for writers.

Work at Home and Make Money Writing for Profit

By Jim Green

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When you work at home to make money writing for profit you do it in your own time, your spare time. What spare time do I hear you yell at me? Time is what you make of it and if you try (really, really try) you can always allocate a little for yourself to express self–initiative, develop your great extra income idea and make money writing. You might even qualify for some public sector assistance by way of government grants.

There again there might be multiple mental blocks standing in your way; blocks like...

- Too busy
- Too old
- Too young
- Too tired
- Too retired
- Too broke
- Too redundant
- Too rejected
- Too much to hope for...

TOO BUSY?

Well, you know what they say: if you want something done in a hurry; your best plan is to ask a busy person. If you're a stay–at–home mom looking after the kids, create a slot, exercise some self initiative and become instead a work at home mom.

Blast Your Writing Blocks

TOO OLD?

Says who? You're only as old as you have a mind to be. Develop your great income idea and work at home writing for profit.

TOO YOUNG?

Rubbish. Go for it. You may not get a second chance to work at home.

TOO TIRED?

Then book a wake-up call. Creativity is happening all around you. Subscribe to my creative writing course and start writing for profit.

TOO RETIRED?

Then start all over again, get back in the driver's seat and use your accumulated expertise to work at home and make money writing for profit.

TOO BROKE?

Then enquire about government grant assistance for people who want to work at home.

TOO REDUNDANT?

So you're finding it difficult finding employment? Then do something else meantime, draw upon your expertise, spend the time developing your great income idea and make some money writing for profit. Subscribe to my creative writing course and work at home.

TOO REJECTED?

There's only one way to get rid of it. Forget it – but only after you've forgiven those who are doing the rejecting. They don't know your side of it and even if they did, they probably wouldn't understand anyway. Pick yourself up, evaluate your expertise and set about making money writing as you work at home.

TOO MUCH TO HOPE FOR?

Can't be or you wouldn't be still reading this article...

Jim Green is a bestselling author with a string of niche non-fiction titles to his credit including 'Starting Your Own Business' (How To Books ISBN 1-85703-859-2) and 'Starting an Internet Business at Home' (Kogan Page ISBN 0-7494-3484-8). His tutorial is available at <http://www.writing-for-profit.com>



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