

4 Effective ways I deal with Writer's Block

Some days I just cannot write. There is no beauty. There is a blank page staring at me judging my abilities.

I always encounter the most dreaded enemy we all know too well - Writer's Block.

Writer's block is a common hurdle that every writer faces at some point in their creative journey.

It's like having a staring contest between you and the blank page and usually, the page wins.

While there could be many reasons for a Writers block, it's important to overcome it because if you wait until you're inspired, you'll never do it.

Here are the 4 effective ways that have helped me to get into the flow and it might help you too.



1. **Getting into Freewriting:** When the blank page blues hit, I get into freewriting and write with the flow. Whatever I have in my mind, I pen it down into the paper. I set a timer, usually for 10 - 15 minutes.

During that time, I let my thoughts flow. No rules, No judgement - Just letting my thoughts flow.

2. **Changing my Environment:** A change of scenery or environment always helps me. It stimulates my senses, sparking inspiration.

You can find your creative place and set a timer of 10 - 15 minutes. I am sure it will allow you to get into the flow.

3. **Taking Fun Breaks:** When words are hard to write, I take a break. Maybe it's listening to music or a walk in the park. I let my mind wander and take inspiration from new places.

I get the most fresh and creative ideas whenever I go on a walk. It helps break down the mental barriers and opens the floodgates of creativity.

4. **Setting small goals:** Whenever I feel intimidated by a writing project, I break it down into small goals. Instead of writing the whole story at once, I focus on writing a small scene or a paragraph.

You can try this too. Focus on writing 1 point or paragraph at a time. Each small win will act as a victory dance against writer's block.

Wrapping up

Writer's Block is a temporary hurdle which can create rifts in your creativity. With these personal strategies - Embracing Freewriting, Changing environment, taking fun breaks and by setting small goals for your project. You can easily overcome writer's block.

Did you find it helpful? Let me know your thoughts :)