

Writer's block



An experience: Writer's block takes time, whether you like it or not. Working doggedly only increases frustration. Stop, take a step back, do something else. And ask yourself what the reasons for the block might be.

Common causes:

- There is no connection to the topic
- the requirements for the work are unclear
- The text needs to be perfect straight away
- the necessary preparatory work has not yet been completed
- the fear of failure
- Fear of the future

Once you have identified the reasons for your writer's block, you can tackle them and make a fresh start. But even so, there are various ways to continue working.

A small selection:

- Switch off distracting factors (telephone, internet, television, etc.). Or change your writing location. A different environment can stimulate the writing process.
- It often helps to change the type of text. Write a dialogue between different “inner” voices/parts within you: the brakeman, the critic, the creative, the hedonist, etc. Or write a letter to a good friend or someone you think could help you. And then write a reply letter - from their perspective to you.
- Start each day with a freewriting exercise (→Freewriting).
- Continue reading into your topic until you feel the urge to write.
- Create an outline if you haven't already done so or reorganise it.
- Plan in stages. Set yourself small goals that you want to achieve step by step.
- Get used to a fixed and regular rhythm. Limit your writing to four to five hours, but if possible every day and at a fixed time of day - as you can manage.
- Practise imperfectionism: the text remains as it is for the time being and will be revised at the end.
- Get together in writing groups. This way you can exchange ideas with other writers and support each other.
- Take up the offer of the Writing Centre for an individual consultation.





Generally applies:

1. if something is not working: Do something else or do it differently. Change the location, the writing medium, the type of text or continue writing in a different place.
2. A text is never set in stone. You can continue writing, rewriting and revising at any time.

