

APSU Writing Center
Overcoming Writer's Block

What is Writer's Block?

- Writer's block happens when you're unable to start or continue writing. It's a common issue that affects everyone at some point. The good news is that it's temporary! There are several techniques you can use to overcome it and get your creativity flowing.

Techniques to Overcome Writer's Block

• **Brainstorming**

- Start by writing down words, ideas, or concepts related to your topic. Group them based on themes, and label each group. These labels can form the basis for topic sentences and help you develop your paper.

• **Mind Mapping**

- Write your topic in the center of a page and draw circles around it. Add related ideas in surrounding circles, linking them to the main topic. This visual web helps you see connections between ideas and identify possible directions for your paper.

• **Freewriting**

- Set a timer for 5-10 minutes and write non-stop about your topic without worrying about grammar, punctuation, or structure. Afterward, review your writing for key ideas and use them to focus your topic further.

• **Asking Questions**

- Explore different angles of your topic by asking yourself:
 - **Who?** Who is affected by this topic?
 - **What?** What are the key issues or ideas?
 - **When?** When did the issue arise?
 - **Where?** Where is the topic most relevant or impactful?
 - **Why?** Why is it important?
 - **How?** How does it connect to other events or concepts?

• **Change Your Environment**

- A change of scenery can help refresh your mind. Try writing in a new location, like a library or coffee shop, to spark new ideas.

• **Talk It Out**

- Speak your thoughts aloud to a friend, a peer, or even yourself. Sometimes hearing your ideas spoken can clarify your direction.

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- **Using Prompts for Creativity**

- When you're feeling stuck, writing prompts can help start your creativity. Here are some prompts to try:
 - Reflect on a challenge or success you've faced. How did it shape your perspective?
 - Imagine a world where people communicate telepathically. How would society function?
 - How does a concept you've learned in class relate to your everyday life?
 - What if you could study abroad for a semester? Where would you go, and what would you want to learn?

- Still stuck? If you're unsure where to go next or need help refining your ideas, schedule an appointment with a writing tutor at the APSU Writing Center. A tutor can provide guidance, brainstorming support, and feedback to help you move forward with your assignments.



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References

George Mason University Writing Center. (2016, June 24). *Writer's block*. George Mason University.
<https://writingcenter.gmu.edu/writing-resources/writing-as-process/writers-block>

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