

## **Techniques to Overcome Writer's Block**

### **APSU Writing Center Handout**

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.

#### **Change Your Environment**

- A change of scenery can help refresh your mind.
- Try writing in a new location such as a library, park, or coffee shop.

#### **Brainstorming**

- Write down ideas related to your topic, grouping them by theme with clear labels.
- Turn those labels into topic sentences to guide 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.
- Use this visual web to see connections and find possible directions for your paper.

#### **Freewriting**

- Set a timer for 5–10 minutes and write non-stop about your topic.
- Don't worry about grammar, punctuation, or structure, you can focus on that later.
- Afterward, review your writing for key ideas and use them to refine your focus.

## **Talk It Out**

- Share your thoughts aloud with a friend, peer, or even yourself.
- Hearing your ideas spoken can help clarify your direction and uncover new insights.

## **Asking Questions**

Explore different angles of your topic by asking yourself:

- Who is affected by this topic?
- What are the key issues or ideas?
- When did the issue arise?
- Where is the topic most relevant or impactful?
- Why is it important?
- How does it connect to other events or concepts?

## **Using Prompts for Creativity**

- When you're feeling stuck, writing prompts can help jump-start your creativity.
- Try one of these prompts:
  - 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, schedule an appointment with a tutor at the APSU Writing Center.
- A tutor can provide guidance, brainstorming support, and feedback to help you move forward with your assignments.

## 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>

University of Arizona Global Campus Writing Center. (2023). Overcoming Writer's Block. University of Arizona Global Campus. <https://writingcenter.uagc.edu/overcoming-writers-block>