

# Dealing with Writers Block (SEW)

## 1. Lower the Stakes:

Writer's block usually shows up when your brain thinks you're solving world peace instead of writing a sentence. Tell yourself, "*I'm just writing a bad first draft, and that's perfectly fine.*" Give yourself permission to write absolute garbage. After all, compost grows the best plants.

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## 2. Change Your Scenery:

Staring at the same desk where you've been asking yourself, "*Why do I do this to myself?*" doesn't help. Take your notebook to a café, sit in a park, or, if you're really desperate, visit your weird neighbour's backyard and see what kind of inspiration chaos breeds.

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## 3. Make It Stupid Fun:

Forget *serious writing*. Write a ridiculous dialogue between your characters about why the toaster is evil or how squirrels might be plotting against humanity. The sillier, the better. This can shake you out of your rut and remind you that writing should be fun (or at least mildly entertaining).

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## 4. Write Anything BUT Your Project:

Stuck on Chapter 17 of your novel? Write a letter to your character's third-grade teacher complaining about their bad handwriting. Or draft a fake Yelp review for a restaurant your villain would despise. Creativity's a muscle—sometimes it just needs weird reps.

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## 5. Set Tiny, Achievable Goals:

Tell yourself, "*I'll just write one sentence. If it's a terrible sentence, I'll give myself a cookie.*" Nine times out of ten, that single sentence will drag its friends along, and soon, you'll be on a roll. And if not, well, at least you get the cookie.

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## 6. Trick Your Brain:

Got a deadline? Tell yourself you're *not* writing the final draft, you're just *brainstorming*. Got no deadline? Pretend you have one. Writers are weird creatures—we thrive under imaginary pressure and low-stakes chaos.

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### **7. Read Bad Writing (Yes, Bad Writing):**

Crack open a poorly written book and bask in the glory of its awkward metaphors and plot holes the size of Australia. If they could publish this, you can definitely write *something* today.

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### **8. The “Walk & Talk” Method:**

Go for a walk and narrate your thoughts as if you’re dictating to a world-class assistant. Yes, you’ll look strange to passersby, but strange writers are often the best writers.

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### **9. Reward Yourself Ridiculously:**

Every time you hit a small milestone—like 300 words or figuring out why your plot wasn’t working—treat yourself. I’m talking about an extravagant reward that you probably don’t need, like ordering that fancy dessert or binge-watching a questionable reality TV show guilt-free.

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### **10. Trust the Process:**

Even when it feels like your creativity is hiding under the bed, know this: You’re not blocked forever. The words are in there, even if they’re just napping. Give them a gentle wake-up call, and if they still don’t show up, remember—sometimes even words need a lazy day.

Notes: