Overcoming the Writer’s Block

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Author Note

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It is common for a writer at some point to experience a writer's block. It is like staring at a blank screen. However, the writer should not get discouraged at any point. We are all human and, therefore, likely to struggle sometime. Fortunately, there are ways in which this block can be overcome. Most studies indicate that the most common cause of this condition is "the search for that perfect word." This is quite common as very often, we find ourselves struggling to define a concept that is on the tip of our tongues, yet we seem to find a word or an expression that we consider perfect. It is not a great problem as we can always go back and edit the concern section later. Always remember to start somewhere and continue the exercise of writing.

There is also a somewhat hilarious study that the best ideas come in the shower (SB Kaufman, 2009). There is a sound reason for that. Researchers show that when we are doing our daily monotonous chores, our brain elapses into a relaxed state, leaving our minds to wander freely. So, there is a high possibility that we would be able to make the connections needed to come up with the ideas that we need to write down. There are a lot of great minds that have utilized this trick, which in turn has benefited the entire humankind.

During my numerous writing exercises, I have also come up with my solutions whenever I experience writer's block myself. One of the things that I do is that I start to work on a different task. This often helps as it has a lot of commonalities with the above-mentioned technique. If that does not help me, I go for a walk. This is a proven fact that altering one's surroundings can help in stimulating the mind. That is why we often see content writers pursuing activities like yoga to clear and relax their minds to prolong their creativity (Provost, 2019). Lastly, I enter into discussions with my friends and family regarding a topic. No mind thinks alike, as is proven by the science of psychology. This puts a lot of different ideas on the palette. Out of these brief brainstorming sessions, I often draw up solutions to help me in writing a concerned piece (Ahmed, 2019).

In short, writer's block is common. It can happen to all of us, but we should never give up. The best way to come up with a solution to the problems is the will of a person to keep going.

# References

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