Title:
Turn Writer's Blocks Into Stepping Stones!

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717

Summary:
Years ago at a presentation at the UCLA Extension Writer´s Program, I promised an audience to

Keywords:
writing, writer\'s block, novel, screenplay, psychology, flow

Article Body:
Years ago at a presentation at the UCLA Extension Writer´s Program, I promised an audience to

Poor woman. All she was saying is that SHE cannot break writer´s block, which told me all I ne

It is not only possible to end writer´s block forever, but you can actually use it to your adv

First, let us define it in some useful way: Writer´s block is the inability to

1) Produce new text.
2) Edit and polish existing text
3) Finish projects on a reasonable schedule
4) Send those projects out for editorial judgment.
5) Continue sending them out until they are sold.

Accepting the above, I´m going to give you a definition of the root cause of Writer´s Block th

^Writer´s Block is nothing more than a confusion of two different states of mind: the Flow sta

WB is such a killer because most of us have done far more reading than we have writing, and sp

It is said that novice writers must work through a million words of garbage before reaching th

But what exactly is ^Flow~? It is the psychological state where time seems to vanish, where yo

1) Alternate days (or work sessions) between flow and editing. If necessary, wear different ha

2) Set yourself a daily output that will get you to your goal of one million words in less tha

3) Explore and specifically study ^Flow State~ as a discipline. Do your internet searches and

4) Listen to largo rhythm, sixty-beat per minute string music. Vivaldi is perfect for this, an

5) Practice making pictures in your mind, and then writing down what you see WITHOUT judging t

6) If you can´t find a good meditation technique, just sit and ^listen~ to your own heartbeat

There are many other ideas, but these will get you started. The most valuable thing you will l