



THE UNIVERSITY OF ARIZONA
COLLEGE OF HUMANITIES

Writing Skills Improvement Program

Tips for Overcoming Writer's Block

Are you feeling stuck or like you just can't move forward with your writing? Sometimes, all you need to do is change the way you're approaching the writing process. *Try these tips!*

- Start with short amounts of writing time. Fifteen minutes is often long enough to lay the groundwork for an idea but not long enough to feed your writing anxiety.
- Break the project into blocks. Don't imagine writing 20 pages in one sitting. A few pages per writing time is reasonable.
- Don't start at the beginning. If you typically begin with the Introduction of a paper, try something new—start with the Conclusion or with one of the Body Paragraphs.
- Write blind. Turn the font to white or turn your computer screen completely off—and just start typing. You won't be distracted by the way things “look” on the screen.
- Pair up with an accountability partner. Arrange to send each other a certain number of pages per week. You don't have to provide feedback—just use the arrangement as a way to make yourself accountable for generating writing.
- Change your writing routine. Time, place, company, sounds, computer or paper, and even smells can impact your “writer's brain.”
- Join a community of writers. Get help. Talk to your instructor, use tutoring services on campus, form writing groups with classmates, ask other good readers and writers to comment on your work.

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