

How to Beat Writer's Block

written by Holly Lisle

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Sample

(from audio transcript)

This program is not about cozy-ing you along and letting you gradually get over your writer's block. It's not about us talking about writer's block.

It's about fixing it today. It's not a long program because if you're committed to fixing your writer's block, it is not a long process to do it. It does take commitment. You're going to have to do a couple of things that seem a little strange, some things that are kind of silly but in the end it'll take you about twenty to thirty minutes to actually break the writer's block and another twenty or thirty minutes to get in and get started writing again.

For most of this you can be sitting at your computer. For some of it you'll need to sit at a table with a pen or a pencil and some paper.

Don't listen while you're driving or operating heavy machinery. Make sure that you have some relative peace and quiet. Don't invite anyone else to come in and visit with you while you're doing this.

Beating writer's block isn't really hard. It takes knowing the technique, knowing the process. It takes having a little bit of faith in yourself, it takes courage to go ahead and do it. And you have to sincerely want to be through with the writer's block. An advantage you have over most writers is that you

genuinely do want to be rid of your writer's block.

And how do I know that?

Because you're here trying to find out how to get rid of your writer's block. The majority of writers who claim to have writer's block are actually using it as a way of claiming to be writers without ever having to go in and sit down at their computers to work.

Anticipate feeling a little strange but be willing to trust the process. I've been through this, I know how it goes and it's taken me a while, but I've learned how to fix it.

You can do this, I promise you. Better yet, you're going to do it. Let's go ahead and do it now. Go to step one which is 'Commit or Get Off the Pot.'

(continued in the class)

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