Writer's Block, procrastination, and the creative process: It’s all a matter of perspective

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Description:
Excerpt from Chapter: "Writer's block is no stranger to anyone who has ever put pencil to paper for purposes of creating a written text. We ‘all have suffered from it at one time or another. And it seems once we admit to having it, the condition only worsens. Once we put the name ‘block’ on whatever is interfering with our flow onwards, we might as well be standing outside in the midst of an Northern Canadian winter freeze waiting for a thaw. A block is an obstruction, a hindrance. Blocks prevent passage and can be difficult to remove. They make us study. To become unstuck requires considerable mental and physical energy, energy that is so focused on the removal of the block that nothing else of any consequence can be done in the process. And, if and when you successfully remove the block, what are you left with? No writing, only a cleared passageway. That is precisely why I prefer not to characterise any lapse in my ability to compose as writer's block. The term is counter-productive."

So it was no surprise that it reared its ugly head when I invited you to tell us about your creative blocks: [My block ... but seem to spend more time studying all of the new materials I have about how to implement those ideas, trying to be sure I have it just right. I need to get content written for two sites I have set up, and seem to be stuck in studying ... Hence self-doubt, procrastination, and ultimately creative stagnation creep in. I have a ton of unfinished work.  Half an hour later I'm happily absorbed in the writing process, striding up and down the room and dictating to the computer with ... Having so much fun I wonder why I didn't start earlier. 4. Accept that it Will Never Be Perfect. Writer's block is a condition, primarily associated with writing, in which an author loses the ability to produce new work, or experiences a creative slowdown. The condition ranges from difficulty in coming up with original ideas to being unable to produce a work for years. Throughout history, writer's block has been a documented problem. Professionals who have struggled with the affliction include authors such as F. Scott Fitzgerald and Joseph Mitchell, comic strip cartoonist Charles M. Schulz. It is now 3:00pm on New Year's Eve, the day before this month's article on creative blocks is due. I console myself with the fact that in the city to which the... I further... even if the article isn't transmitted today, it might not matter, because after all it is New Year's Eve and the folks at GoodTherapy.org may have gone home early in preparation for tonight's festivities – and surely no one will be in the office tomorrow. In fact, it seems highly likely that no one will be in the office until Monday morning, and therefore, if this article is sent in any time prior to 11:00am Eastern Standard time on Monday, it probably be fine...LOL, as my teenage clients say. Today's prior activities in service of procrastinatio...