

# CREATIVE JOURNALING FOR WRITER'S BLOCK

## A Write for your Life guide



These exercises will give you fresh perspectives and insights that will help you to get your pen moving and get unstuck. Approach these one by one or go for all three at once... whatever works. These exercises will help you to:

- **Face the block**
- **Get perspectives**
- **Mix things up**

## THE EXERCISES

### Face the block

I know ... it's not as easy as it sounds, but if you just describe what's happening in your mind, in your body etc., it will help you go into the block and out the other side. You can also use a metaphor as a prompt. For example, 'writing feels like ... it's frozen in my knuckles.'

### What does the radiator (book, story, protagonist) think?

Instead of a random inanimate object (usual for this exercise), you're going to ask the story itself what it thinks. You can also use the protagonist, a lesser character or you could also ask another book, one you love or another book you've written. If you choose the book option, refamiliarise yourself with the book by picking it up and flicking through. Then, when you're ready, have the chosen 'voice' of the book write to you and let you know what it thinks/what you should do next.

### It ain't what you do, it's the way that you do it ...

I find that when I pick up my phone and do a quick edit on something I'm writing (I tend to keep things in Googledocs for this reason), I will suddenly see something different which helps with editing. So, if you normally write by hand, try typing, if you use a laptop, use your phone etc.

You can apply this elsewhere by changing what you 'normally' do. Write with music/no music/different music, in a chair/in bed/at a desk, at home/somewhere else, left hand/right hand etc.

### Guides in the series - Creative journaling for:

Headspace	Wellbeing	Writer's block
Success	Innovation	Difficult feelings
Happiness	Creating theme	Difficult situations

**Plus:** Greatest prompts, Where to find prompts and Benefits (plus top tips) of journaling.

### Free-writing instructions - optional:

- Set a timer for five minutes - you can always write for longer if you get into the flow.
- Keep your pen moving, do not edit or look back - no grammar or spelling required.
- Go where your pen goes, trust it'll be useful - even if it's off topic.
- If emotions arise, carry on if it feels OK or write about something else and return when you're ready/have support.
- For each exercise, reflect on what you wrote, read it out loud for extra perspective.

*I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: Cpsdayoff@gmail.com or go to Clairepearce.uk.*