

Writer's Block

Overcoming the fear of failure

- Writing is a process! Drafting, re-reading, editing ...
- Not everything has to be in your final version!
- It's okay to let go of structure and grammatical correctness if it helps your flow.
- Locate yourself in the process: Kaskadenmodell

Who is my audience and why? Express yourself!

- Get rid of distractions – physically and mentally!
- You don't have to start writing immediately – Give yourself time for structure!
- Who are you writing to?
- How much information do they need to understand your central thesis?

Get started:

- When am I at my best?
- Do I need rituals, any specific surrounding factors?
- How do I structure my environment?
- How do I deal with myself? (“I am my toughest critic”)

It can also help to start writing with some short exercises:

- 3 min writing exercise (free writing/handwriting)
- 3 min goals for the day