There is no artist’s block

If you’re an artist or friend with artists, you have probably heard the word artist’s block plenty of times. In general artist’s block is a term artists use to describe the situation where they can’t get art done. This could be because of multiple reasons. I believe that there is no big and scary artist’s block, only smaller problems that gather under this term. It is not a law of the nature or anything like that and it can be overcome!

Let’s start with one of the most common artist’s problems; self-doubt. If the artist feels that they can’t draw, they won’t. But the truth is that anyone can draw. The artists that have kept on going with their art know that skill only comes with practice and hard work. So maybe if you’re struggling with this problem, try to focus on your own skills instead of comparing to others. There will always be artists better and worse than you, and there are people who like your style of art.

When it comes to improving your art skills, one of the most effective ways to learn new things is to step out of your comfort zone. Maybe try a medium or a subject you’ve never done before, or experiment with new techniques with familiar equipment. References are also important, especially if you don’t usually use them. You can find plenty of reference material on the internet, take your own photos or use something in real life. Maybe follow some tutorials or make something abstract. Choose something you wouldn’t normally do and do it.

The advice above can also be a solution for the next problem that is not knowing what to make. All artist hit this problem at some point: a blank paper in front of them and a huge urge to make something worthwhile, but no idea what. In situations like these the expectations to make something great are high. Maybe lower the standards a bit, if you feel like they’re holding you down. Just start making something. Anything is better than nothing. You will more likely catch a great idea while drawing, rather than while staring at the paper.

Finally, the third and worst type of art block is the feeling that you must make art, but you don’t have the motivation to do it. In this case the best solution might be to take a break. Do something else you enjoy for a while. If you don’t do art as your job, you shouldn’t feel forced to make it in the first place. Being an artist doesn’t mean that you have to make something every day or even every week. You’re not less of an artist if you make less art. If art is your job, remember to take a break from it outside of work hours. Make yourself a schedule that has space for free time between artist work.