

Writer's Block Handout

Created by WI+RE at the UCLA Library

Writer's block can happen at any point during the writing process. Here are some tips to overcome this challenge and get the ball rolling. Use the following acronym, R.E.G.R.O.W, to remember the tools you can use to combat writer's block. Here is an explanation of each letter in the acronym:

R is for Research

- Observe and investigate your topic– inspiration comes from knowledge, which comes from research
- Talk with peers or professors to gain different perspectives

E is for Environment

- music/sound
- Switch up workspace– either physically or with scenery websites!
- Brain breaks such as yoga
- Make a comfort snack/drink to refuel
- utilize anti-distraction sites/measures

G is for Goals

- break up work sessions into smaller sittings
- set S.M.A.R.T goals
- try the Pomodoro method

R is for Relevant Interests

- Think: what concepts interest you?
- How can you connect these to your assignment?

O is for Outline

- Use a map or chart to organize thoughts and ideas
- bullet points and other formats work just as well depending on your learning style– try different types of outlining to see which helps you most.
- Outlines do not have to be thorough.

W is for Write

- Brainstorm
- Mind map
- Free write