

Dream - Write - Publish the Story Inside You



5 Ways to Overcome Your Writer's Block

BONNIE

WRITING IN THE MIDST OF THE MESS

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5 Ways to Overcome Writer's Block – *Soul Care to Free Your Soul* by Bonnie Gray

How many times have you felt the spark of inspiration only to then find yourself stressing out because you have writer's block? Refill your heart and refresh your soul – and get unstuck with these *5 Powerful Ways to Overcome Your Writer's Block*, so you can breathe and let God touch your heart.

As you nurture your soul, you'll free your heart and your words will flow!

The Reasons: Why It Happens

First of all friend, *breathe*. What you're experiencing is very normal. No matter how many times a writer has written, even for experienced writers, if you're writing something new and something you care deeply about, writer's block is a doorway we all pass through. Have you noticed if you're writing something that isn't personally important like a report or an email at work, no writer's block, right? Writing from your *head* isn't as hard as writing from your *heart*. Let's look at why it happens.

- **Timing:** You may be putting too much expectation on yourself to perform. Meaning, you've given yourself a time-limited goal (like number of words per day or you must finish x by z.) Goals can be helpful, but if it's causing you more stress, it's time to let your timing go, so your words can come out.
- **Fear of Criticism:** You may be allowing *others'* expectations of you overwhelm your voice and your creativity. It's hard to share your ideas if you're afraid of what others will think of you or critique you.
- **Trying Make It Perfect:** You want everything to be bullet-proof, not allowing room for any words other than undeniably right or perfect. This is hard on your heart because you become very critical of yourself. You will feel paralyzed or frozen.

Opening Your Heart: How do We Let the Words Flow?

The key is walking through that doorway of writer's block and not letting it stop you or trick you into turning back and quitting. Experienced writers learn to accept it is part of the process and give themselves permission to write messy, wrong and terrible. Because once you start writing, you are saying, "I have something to say. God has put this on my heart and I have a story to tell."

As you nurture your heart, words will start flowing and you'll find yourself naturally finding the flow. Phrases that speak to you will emerge. You'll be in the zone and you won't be able to stop the ideas and words from flowing.

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Soul Care Tips: 5 Ways to Overcome Writer's Block

That's why Soul Care is my #1 secret to overcome Writer's Block, because when I nurture my soul, my heart will open up.

Here are my 5 go-to soul care practices that get me unstuck, to get you inspired. Just start. Explore. Try what works for you. Everyone's unique.

1. Take a bath. Imagine you're in a beautiful, safe place with God: Contemplative Prayer

Research shows that taking a bath, the warmth of the water on the skin releases oxytocin which is a calming hormone (it's released after giving birth). This relaxed state allows your creative ideas to surface (don't we often have ah-ha moments in the shower?). Use your imagination to rest in a beautiful, safe place and confide in Jesus about what you're thinking or feeling. This is time of prayer, which will open your heart.

I imagine myself sitting in front of a floor to ceiling window that overlooks the mountains and meadows with Jesus as it rained, as I talked to Him about my story and the words became my first book [Finding Spiritual Whitespace](#). For my second book, I imagined myself sitting at a beautiful farm kitchen table with a window view of spring blossoms with Jesus with a cup of tea (btw, I don't live on a farm. I live in Silicon Valley) – and that's how I wrote [Whispers of Rest](#)

What's a place that makes you feel safe, loved and refreshed? Write from this place of peace and beauty with Jesus next to you.

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2. Do something that adds movement: Go for a walk with God outside.

Research shows that just 10 minutes outside will help relieve anxiety, because when you move your body and look at nature, the part of your brain that obsesses over problem solving will relax and will the creative part of your brain can get refreshed. If it's too cold to walk outside, research shows just looking at nature from your window also helps!

Then, start writing right after you come in, fresh from your nature break. Psst... do not check social media before you start writing which is Tip #3!

3. Stop comparing: Turn off social media.

Close tabs on your browser.

Put your phone into Do Not Disturb Mode. The *Do Not Disturb* Mode allows phone calls that you tag as "Favorites" to come through, but everything else goes straight to voicemail. You can also put it in airplane mode.

When you have zero browsers open, you will stop distracting yourself by comparing your ideas to others. You ARE good enough. You are God's beloved daughter!

4. Listen to music.

Research shows that putting classical music in the background (even if you're not paying attention to it) is healing to the body and to the nervous system. Music will help you to be relaxed and pick music that do not have lyrics, so that you will not be distracted by the message of the song. The music will help focus you and tune out other distractions and also wake up your soul. I always write with piano music playing softly.

What kind of music inspires you and helps you be in a place of beauty and rest?

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5. Write a Dear Jesus Letter: Freewrite with the Holy Spirit.

When you journal with Jesus, you are in a safe place talking to Someone who loves you unconditionally. Research shows when you write from your heart for just 15 minutes, it lowers stress and helps with depression, which will clear your mind to speak with your pen. Here are a two journaling prompts that I use when I get writer's block:

"Dear Jesus, I don't know why I'm having writer's block because...."

"Dear Jesus, I don't know what to do. I want to write about (fill in the blank).... But I'm afraid because of this (fill in the blank)..."

This is a very powerful prompt that I adapt for the Spiritual Rest Retreats that I lead and it's always VERY impactful, with people responding emotional and ah-ha moments that were unexpected with Jesus. I can't wait for you to experience God's love and touch – and see your words flow!!

You will find, as you nurture your heart, words will start flowing and you'll find yourself naturally finding the flow. Give yourself grace, not guilt. Be gentle with yourself. Be kind because you are God's treasured daughter. Your voice is beautiful and important to Him. Your story matters because you matter to God. You are His beloved.

Dear friend, I'd love to hear what works for you, as you try these soul care tips! Thank you again for subscribing to my newsletter, where I share encouragement to refresh and encourage you! I'm looking forward to hearing all the wonderful ways God's at work in your life. Connect with me online at <http://thebonniegray.com>, and see on [Facebook](#) and [Instagram](#)! Love, Bonnie



BONNIE GRAY is the author of *Whispers of Rest* and *Finding Spiritual Whitespace*. An inspirational retreat speaker, Bonnie touches thousands of lives helping women through topics of soul care, stress recovery, and emotional healing through storytelling, visual arts, nature, prayer and meditation. Bonnie's powerful writing is featured on Relevant Magazine, KLOVE, (in)courage, MOPS, and Christianity Today. She lives in California with her husband and their two sons. Follow Bonnie @thebonniegray [Facebook](#) and [Instagram](#). Pull up a chair and enjoy free soul care videos, encouragement, and podcasts.