



## 12 Ways to Bust through Blocks

From time to time we all experience those moments when we feel blocked. Whether it's a project that needs completing, a conversation that needs to occur, a report, whatever. We're paralyzed. We feel panicky, terrified, our mind is vast nothingness. You try to take action, but nothing happens. Zero. Zilch. So what happens?

You actively seek out diversions, one after another – trivial phone calls, lists of things to do next week, *alphabetized* lists of things to do next week, unnecessary conversations with co-workers, and so forth. In other words - Procrastinate. You smoke too much, drink too much coffee, and nibble snacks compulsively – anything to keep from working.

As the deadline creeps closer and closer, you feel helpless. You just can't seem to break through the impasse. And whatever self-confidence was there, at least temporarily, is at its lowest ebb. Can you feel the anxiety? I can.

What I've learned is blocks primarily come in two main types...either it results from having too many ideas all at once (like a log jam in a river), or it comes from something (literally like a wall) getting between you and your ideas, so it seems you have no ideas at all. Either way, the remedies are generally quite similar. Give these a try:

### 12 Tips to keep the momentum going

1. If you are blocked with a specific project, and time allows, put the project away for a week. Do not let yourself do anything connected with it at all.
2. Find some simple and mechanical tasks – housework, cleaning out a cupboard, organizing your office or studio, cleaning out the shed, gardening. These tasks work on multiple levels – they get you moving, let you start and finish something (with the sense of achievement that comes from that), they tire you out, take your mind off things...

3. Get moving – dance, walk, swim, jiggle, shake, breathe. Believe it or not, blocks exist in the body and moving the body and letting them find a way out can remove them...
4. Stop for a moment, relax, and explore what you are feeling. In the case of block from too many ideas...is it overwhelm, pressure, frustration, indecisiveness, anxiety? In the case of block from too few ideas, is it anxiety, panic, doubt, resentment, frustration?

Whatever it is, accept the feeling and make friends with it. You can journal, walk with it, breathe through it, meditate...there are many ways through this, but naming the feeling and accepting it are crucial.

5. If impulses arise, follow them...what looks at first like a detour may be exactly where you need to go next, or may give you information or ideas that will help you when you resume your project.
6. When you feel ready to get back to your project (or if you have a deadline and can't wait for inspiration to strike) then try Micromovements™. These were developed by Sark and rely on a well-known technology.

The way over a (seemingly endless) crossing is 'baby steps, baby steps'. Just do a very little bit of your project (open a book, find that phone number, sharpen the pencil or work on it for 5 or 10 minutes) then leave it for an hour or a day, then do the next step and so on...simple, yes, but it really does work.

7. Tap into the energy of the creator, not the editor. We need access to both the voice of creation and the voice of editing/discernment, but there is a time and a place for each....and now is the time to allow the creative impulses full rein, leaving the editor for quite a different day (or month...)

8. If your block is of the 'too many ideas' kind, you may need to release some of the thoughts (by writing a letter, or in your journal, or trying one of the physical movement suggestions above).
9. Treat work as play – make your workspace into a fun space with posters, fun/inspiring objects or kids' drawings. Swap your computer for paper and colored pencils for a day, or trade your oils for finger paints.
10. Make a list of 10 things you have learned to do despite doubts that you could master them. This kind of a list proves to you that you can do it (you have already done it) despite doubts and difficulties...even when the going got rough and the uncomfortable feelings crept in.
11. Whatever else you do, don't talk endlessly about the block or focus on it as an issue – it just gives it energy and importance. Find something more compelling to do for a few days, then slowly, slowly, start again.
12. I've left the most serious weapon for last...a devilish technique of Julia Cameron's called...READING DEPRIVATION. Yes, for one week, you don't read a newspaper, magazine, book, letter, you don't watch TV, chat on the phone. The brilliant theory behind it is that if you are not taking in stimuli from the outside world, you will have to dredge up some of your own. Cold turkey, yes, but it can work wonders...if this sends shivers down your spine, start with a weekend.

To your success,

Coach Christine

Bio:

The author of this is Christine Silvey. As a Certified Life, Career and Personal Development Coach, Christine is passionate about empowering YOU to actively create exactly what you want for yourself and for your life without struggle! To find out more about coaching or to contact Christine, please go to <http://www.empoweredyou.com>

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