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An Older Brain Requires Better Game  

I used to be able to close my eyes and enter a new world; I became a new person in a new location. I had a family of fairy friends as a child, and, as a young adolescent, I could perfectly describe any given concept I decided to write about that day. I created my very own form of expressing art – writing creatively. I had such lovely feedback! My friends could not fathom the fact that I could create something described so well, and my family could not decide where I had received my talent. Alas, I became a young adult. I became distracted with everyday life, and, when I thought about writing, I really wanted to be able to, but I couldn’t think of anything interesting to write about. Why was this so? Had I grown out of my imagination? Had I become boring? I eventually decided to blame my terrible case of writer’s block on the fact that I had less time and a shorter attention because I had gotten older.  

After graduating high school, I immediately hit real life. I found emotions that I had never felt before, started my first year in college alongside a full time job, and soaked up my free time with my social life. I kept my mind as busy as possible to make sure I felt productive, but, sadly, I never gave myself alone-with-my-mind time. Being consumed with my present and my future caused me to steer away from my creative side. I acknowledged this lack of dedication, but I decided to ignore it. I had the feeling that if I were to write, it should, and would, come naturally.
There came times when I would feel inspired and begin to write. Once again, I would find myself really impressed with what I could come up with. Unfortunately, I would eventually find myself stuck with no sense of which direction to take my story. I would give up. A creative writing friend and I decided to help each other with our writer’s block and would take turns writing excerpts of a story we had created together. Although we were incredibly impressed by our creation, we both got to a point where we could not go any further. So, we didn’t even try to continue, and we never looked back.

I had experienced love/heartbreak, good and bad karma. I had made mistakes and learned from them. I learned to trust and surround myself by only a select few people. I understood that even though everyone has their own background, we all experience the same life stages and emotions. I treated people the way I wanted to be treated. Believe me, because I tried, but there was no way at all I could find inspiration for a story from the life lessons I had learned. I had new lenses in my eyes and my perception to the universe became a much happier place – but why couldn’t I find anything to write about?

A bad workman always blames his tools. In this case, I am blaming my lack of imagination and inspiration on my own brain. Focusing more on reality prevented me from being able to open up in a new world. I lost my ability to stand in someone else’s shoes, wear a different face and have a different family. When I at least attempted to create my own reality, I gave up a lot easier when things were not going the way I wanted them to. I was all around a completely transformed person to the girl I was in high school – the girl who felt unaccomplished if she hadn’t wrote in her journal or wrote anything figurative before the three o’clock bell rang. The Encyclopedia of Mental Health says, “A wide range of psychological issues such as acute perfectionism, fear of failure, chronic procrastination or depression may lead
to, accompany or exacerbate writer’s block” (Kahn para. 1). These factors are huge attributes to my writer’s block, but I only ever have myself to blame. Glatzer, author of Outwitting Writer’s Block: And Other Problems of the Pen shared a few tools to fighting the block: letting your idea percolate, learning to silence the inner critic, free writing, relaxation techniques, changing the fundamentals of your fiction, like the sex of your main character, or the setting of your story.

Getting feedback from other writers, ‘borrowing’ material from other writers, setting your own deadline and learning better time management skills can all be helping factors for me to get my head back into the game (Glatzer). I can get out of this slump when I truly want to – and finally find my mountain of inspiration. I shall make sure that the potential it has does not fade away on paper or in my head, and I will not give up under any circumstance. I am the only one in control.
Works Cited
