

End writer's block and jump start your imagination.

Relaxing With The Muse - Ending Writer's Block

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# **Relaxing With The Muse**

**Recovering From Writer's Block**

**by James E. Morris, MEd.**



# **Relaxing With The Muse**

**How to deal with writer's (uh, what was that word – oh yeah!) block**

**by James E. Morris, MEd.**

**Dedicated to all of the struggling writers out there. Kick back with your Muse, have a laugh or two – then write the heck out of that manuscript!**

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## Introduction

As a writer, I bet there is one thing (maybe many!) that you have in common with Hemingway, Steinbeck and every other writer that's ever touched a stylus or keyboard. We have all suffered writer's block at one time or another. That impinging barrier to the next great eureka moment that cripples creativity has been the bane of all writers at one time or another.

Whether a word or phrase or even an entire new work, we want the best ideas to present to our reading public. The ultimate frustration is not being able to grasp what we think should be easy to visualize.

In truth, writer's block is a special form of stress. If you can learn to deal with the stressors that cause it, you will seldom have problems. In this program, I will show you how to inoculate yourself against these stressors and stay calm whenever they present themselves.

As a counseling psychologist, I almost always recommend stress inoculation as a first treatment to my clients. We would then go to the underlying problems but we would begin to deal with them with this essential therapy. (Please note: No therapy such as this is designed to make the underlying causes of stress go away. Stress inoculation will help you deal with them, however.)

There are an incredible amount of things you must deal with that blast themselves into your life everyday. This program is designed to mute the blaring noise and give you a fighting chance to hold on to your creativity.

In the program, you will start with the fundamentals and build, eventually reaching an ability to relax automatically. The basic idea is to not be overwhelmed by what life throws at you and to be able to see your problems in a rational way. This goes a long way in being able to deal with them.

Once you see that you can master your emotions, you will have much less difficulty seeing what lies behind the "scary moments" (or at least the ones that bug you the most) in your life. Then, after you develop an ability to deal with these times, you will find that your thinking is much less restricted and ideas flow much easier.

At this point, writer's block will become much less of a nuisance however we don't stop there. The last exercise is designed to help you develop new ideas quickly and to the point of your writing. Don't run directly to that part – everything builds on each previous exercise and it's important to do them in order. Also important is to master each one before going to the next.

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