



[songwriting zen]

Presents:

When songwriters block hits you, hit back with

**11 More Ways To
Eliminate
Writers Block
FOREVER!!**

By Corey Stewart © 2009

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Introduction

G'day,

My name is Corey Stewart from [Songwriting Zen](http://www.songwritingzen.com) and I want to thank you for downloading my new e-report **“11 More Ways To Eliminate Writers Block Forever”**.

Back in 2007 I put together my first eReport called **“11 Ways To Eliminate Writers Block FOREVER”**. It was an attempt to put together a list of techniques that I personally use to keep writing songs even when it seemed that there were no songs to write.

It was an experiment in creating a free downloadable product and from the feedback I've been getting from songwriters all over the world, it was a worthwhile one.

With **“11 More Ways To Eliminate Writers Block FOREVER”** I wanted to expand the concept a bit and include techniques which involve using music tools and technology.

Enjoy my new eReport, give it away to whomever you think will benefit. Include it on your own website if you wish.

Drop me a line and let me know what you think.

Until next time, happy writing,

Corey Stewart

Singer/Songwriter/Musician

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1. Collaborate With Other Songwriters

Two (or more) heads are better than one. Especially when you're trying to flesh a songwriting idea that has stumped you, it really helps to bounce ideas off of somebody else.

Writing songs doesn't have to be a solitary artistic pursuit. Sometimes all that is needed to break through a blockage is the point of view of another person.

A collaborator brings to the table *their own perspectives, processes, musical knowledge and skill-sets that may compliment or enhance your own.*

Personally, the most productive songwriting times I have are in the company of other collaborators. What you learn about songwriting in a few sessions with a good collaborator is invaluable.

Finding other songwriters to collaborate with is as easy as joining a songwriting forum or contacting your local songwriting organization.

Forums:

- [Muses Muse](#)
- [Songwriters Tip Jar](#)
- [Songwriting Zen](#)

Organizations:

- [SCALA \(Australia\)](#)
- [NSAI \(USA\)](#)
- [International Songwriters Association \(UK\)](#)

2. Learn Some Covers

There's nothing wrong with getting a handful of your favourite cover songs and learning them. From learning other peoples songs you are giving yourself valuable lessons in how to write your own songs.

Ask yourself:

- *What are my favourite songs?*
- *Why are they my favourite songs?*
- *What do I feel when I hear my favourite songs?*
- *How do these songs communicate to me?*

The answers to these questions will go a long way into shaping how you write your own songs.

I truly believe that you really don't know a song until you learn how to play it and/or learn the song lyrics and sing it.

I'm not asking you to abandon your songwriting aspirations and join a cover/tribute band but I am asking you to consider the songs outside of yourself as a way to further inspire your own creativity.

What are the songs you wished you had written?

List them and learn from them.

3. Read A Book Or Two

You're a lyricist right? Immerse yourself in words.

Reading a book is beneficial in a couple of ways.

- *You are reading words*
- *You are taking some time out for yourself.*

A lot of people these days find it hard to take the time out to read. They start to feel guilty about looking at a page with words on it.

Personally, every time I sit down to read something my inner voice tells me that my time could be better spent being “productive”

What does that mean? It means you need to fight the urge to feel guilty.

Become fascinated with language and the way words are put together. Become infinitely curious about sentences, phrases, quotes and statements.

As your reading imagine the book as a movie in your mind. If you come something that speaks to you then stop, write it down and play with it.

Enjoy the silence, take some time out for yourself and read.

You deserve it!

4. Analyse Your (Song) Writers Block

If right now you're feeling blocked, ask yourself these questions:

- *Where is your block coming from?*
- *Are you listening to your inner critic a little too much?*
- *Is what you're feeling about the song itself?*
- *Or, is it about something else in your life?*

A block in your songwriting process has to come from somewhere. The question is, how do I analyse it?

For starters, get out a blank piece of paper and write about how and what you're feeling at this very moment. Use this as a means to empty your brain of the blockage.

Contact a friend or another songwriter and talk about it. Make notes on what is said and reflect.

Looking deep into yourself to try to find the block can have positive and dramatic results for your songwriting. At the end of the analysis you'll realise that in all of the notes lies an answer.

Once you found the answer, **go and write a song about it.**

5. Change Your Scenery

Get out of the house and take you and your notebook to a café, park, the beach or some other public place for an hour or two.

Once there start writing about what you see, what you hear and how you feel.

Start asking yourself **who, what, when, where, why and how** questions.

Engage all of your senses in your new environment. Immerse yourself in the difference you've created in your life at that moment.

We are all creatures of routines and while routines are good for some things they aren't good for sparking creativity.

We all get stuck in a rut.

The good news is that the smallest changes in routine can make the biggest impact on your songwriting process

6. Meditate

Slowing down your life and becoming more observant and mindful of what you do and the world around you is essential in being able to write more songs.

The more you are tuned into life, the more songs you will write.

Meditation is a great tool for letting go of the clutter in your mind and in your life and allowing yourself to just 'be'.

It's also a wonderful way to *relax and de-stress yourself*.

Join a meditation class, research it on the web, read a book about it. Do whatever you can to educate yourself in the wonders of meditation.

I've listed some websites to get you started:

- [Meditation – Wikipedia](#)
- [Free Meditations](#)
- [Learn To Meditate](#)
- [How To Meditate – WikiHow](#)
- <http://www.wildmind.org/>

7. Use Writing Prompts

Writing prompts are short snippets of ideas designed to stimulate creativity by giving you a topic to write about. I've personally found them to be useful when I'm feeling a bit stuck

Sometimes we need a bit of a push to get our creative juices flowing and using writing prompts is one of the best ways to do it.

There are a number of writing websites that have 'writing prompts' in them. Some examples are:

- [*Writers Digest - Writing Prompts*](#)
- [*Journaling Prompts*](#)
- [*Random Daily Writing Prompt Generator*](#)
- [*Over 700 Journal Prompts*](#)
- [*Creative Writing Prompts*](#)

8. Get Some Beats

It's amazing what you come up with when you play your instrument to a drum track.

Get yourself a drum machine of some kind and start experimenting with different rhythms. Sometimes having a beat behind you stimulates melody creation.

Even if you don't know how to use it, just give it a go anyway.

Incorporating technological education into your songwriting process will only enhance your creativity and take your writing to new tangents that you've never considered.

Other technology to consider learning and using to manifest new ideas might be:

- *Recording equipment*
- *Guitar effects*
- *Looping/samplers*
- *Digital delays.*

9. Get Healthy & Stay Healthy

Numerous studies have shown that eating well, getting plenty of sleep and exercising stimulates creativity.

If your body is healthy then so is your mind. You'll find that with a healthy mind you'll be more in tune with the muse.

There are so many parts of the songwriting process that require the following attributes:

- *Attention*
- *Concentration*
- *Patience*
- *Mindfulness*
- *Observation*
- *Desire*

How can all of these attributes function at an optimum level if you're feeling:

- *Tired*
- *Short-tempered*
- *Sluggish*
- *De-motivated*
- *Listless*
- *Stressed*
- *Sick*

All of these characteristics are the sure signs that you're not looking after yourself properly.

Get healthy for your songwriting's sake.

10. Inspire Yourself

Go out and see some live music, watch a film, catch the theatre. Do what inspires you either with friends or even by yourself.

Sometimes the best thing to do when your in a rut is to do something completely different.

When I get in this situation I always go for a walk or a long drive and reconnect myself to the outside world.

Other things you could do to inspire yourself may include:

- *Catching up with an old friend*
- *Contacting family*
- *Going to see a movie*
- *Going out to a cafe, by yourself*
- *Being still and watching others*
- *Doing something you've never done before*
- *Reading a book*
- *Volunteering for something*
- *Learning a new skill*
- *Enrolling in a course*
- *Writing a letter by hand*
- *Going camping for the weekend*
- *Tending to the garden*

The list goes on and on and on...

Remember, *it's the smallest changes that make the biggest differences*

11. Rewrite An Old Song

Go into your songwriting ideas archives and attempt to listen to your old songs with a fresh pair of ears.

There are many, many ways to take something old and make it new again.

If you're feeling like coming up with something new is beyond then try reworking something you've already done.

This is even more effective when you do this with someone else to get feedback.

A new "remix" of your old songs gives your brain new and different challenges it might not have faced before.

Maybe take the chords of your old song and jumble them around or, take the story of the song and write a sequel (or a prequel) to it.

You'll be surprised what you discover when you start going through your old stuff, just like the old saying goes *"Everything old is new again"*

Epilogue

There you have it. **More ways to eliminate writers block forever.**

There are many, many ways to get yourself out of a songwriting rut which means more eReports like this one in the future.

If you have any questions, feedback or, a way that you eliminate (song) writers block that you'd like to share with me then **contact me** through **Songwriting Zen**.

I'm going to leave you with a quote from author **Philip Pullman**. His view on writers block is...

"...I don't believe in it. All writing is difficult. The most you can hope for is a day when it goes reasonably easily.

Plumbers don't get plumber's block, and doctors don't get doctor's block; why should writers be the only profession that gives a special name to the difficulty of working, and then expects sympathy for it?"

Until next time, happy writing,

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