

# Journal Prompts

## Identifying Creative Blocks



Journaling is a great way for us to tap into our subconscious. Allowing us to take some time to look inward and see what is motivating the feelings and actions we express. This process simply requires a little time, quiet, and an open mind. Complete the following prompts to identify and work through your creative block.

### 1. Do you know WHY you feel resistance?

If you know the why already, journal about that why.

- Where does it come from?
- What is it telling you?
- How is it holding you back?
- What if you ignored it?
- How can you work through it?

### 2. What is the feeling that emerges? Feel into it.

- Can you identify the feeling?
  - Fear
  - Frustration
  - Confusion
  - Feeling lost
  - Something else?

### 3. Is it a specific piece?

- If so, consider putting it aside until you have some positive workflow.
- Or if you want to tackle it now, what about the piece doesn't feeling like its working?
  - The form?
  - The color?
  - The media or material?
  - The surface?
  - The imagery?
  - The composition?
  - Something else?

#### 4. When does your feeling of resistance occur?

- When you think about the work?
- When you sit down to start?
- When you enter your studio?
- When you look at other art?

#### 5. If it's when you enter the studio, what can you do to improve mood of the space?

- Clean
- Put stuff away
- Reorganize
- Add inspirational assets

#### 6. Does it occur when you try to start working?

- Do you not know what to do next?
- Could you work on another piece?
- Can you experiment or play to create positive emotions?

#### 7. What do you LOVE about making art?

- Sometimes a creative block can just become a habit. We immediately tap into that negative feeling. Remembering and thinking about what inspires you can change your mindset and help you get excited to work!
- What part of your process is the most fun for you? Can you jump into that right now?

#### 8. Ok, now let's consider it's something from your life that's creating this resistance. Let's go through the checklist...

- Do you know already what is bothering you?
  - If so, what plan do you have to deal with it?
  - Do you need to create a plan?
- If you just have a vague negative feeling, I want you to consider each of the following categories. Picture what applies to your life for each, if that same emotion emerges then you are on the right track.
  - **Family**, consider all your family members and pets
  - **Friends**, think about each of your friends
  - **Money**, is there a financial stressor?
  - **Home**, is it something in your home?
  - **Work**, is there something specific bothering you about your job?
  - **Health**, are you ill, or feeling pain or discomfort?
  - **Community**, is there something in your community or the larger world that is adding a stressor?
  - **Is it something else?** Consider other big things in your life, you know what they are.

Now as we seldom have only one problem at a time, **identify** what is really bothering you. It could be a collection of small things or a single big issue.

## 9. How can you get support for this?

- Can you talk it out?
- Get help?
- What needs to happen?

Sometimes just identifying the issue is enough to tell your subconscious 'Thanks for the warning, I have it covered.'

Other times, it's a call to action, and you need to resolve that issue before creating space for your artistic work.

Remember, I am here to help if its art based. However, if it's a larger or personal issue, find a good therapist that can help you work through it.