

53 Blocks to Ditch

Perfectionism	Fear of failure
Unrealistic expectations (i.e. expecting yourself to be like other writers)	Fear of success
Self-doubt or negative self-talk	Fear of ridicule
Self-sabotage or self-corruption	Fear of humiliation
Criticism from others	Fear of risk
Intimidation	Imposter syndrome
Not enough time	Distractions
Too much unstructured time	Interruptions
Slow writing speed	Lack of ideas
Overwhelm	Too many ideas
Lack of organization	Unresolved plot or character issues
Not enough research	Hole(s) in skill or technique
Too much research material	Unfamiliar genre, style or topic
Guilt	Distaste for current point in the process
Boredom	Impatience
Low to no motivation	Low to no inspiration
Analysis paralysis	Isolation or loneliness
Rationalization (i.e. I can write after I quit my job)	Intention sans action
Focus on the end (accolades, prizes), not the journey (writing process)	Life changes (death, divorce, birth, job layoff, marriage, etc.)
Stress or anxiety	Physical ailment (chronic condition, a cold, allergies)
Unhappiness or depression	Insomnia or fatigue
Bad attitude	Drugs or alcohol
Fear of being too old, too young, overweight...	Disruptions (family, friends, anyone who misunderstands that working from home doesn't translate to available at any moment.)
Procrastination	Self deception
Fear of the unknown	Burnout
Fear of commitment	Fear of structure stifling creativity
Lack of Clarity	???