

Ugh—That Creative Block

Sandy Askey-Adams, PSA

“Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort.” — Paul J. Meyer

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Well, the challenge for me is to get painting. There is no productivity happening right here. I cannot seem to get myself going for some unknown reason. I want to paint, but something is blocking the move to do so. Feeling miserable being in this so-called creative block.

I am feeling a bit envious, too, that others are painting and I am going through this awful block. Feeling guilty, too, and like I will have to play catch-up once I do get back to painting, which is downright silly. And then there is the anxiety. Don't know what is causing that.

Where is the focused effort? Where is the motivation? While out yesterday, and the day before, I wanted to stop and paint right then and there. Knew I could not do that at the time, but I could not wait to get home to start a painting in the studio.

Did not do so after I got home.

Where is my Willpower? Where is my Discipline? Where is my Optimism? Where is my Ambition? What is causing this block?! Guess I am doubting my abilities or something.

When seeing other artists get paintings done, they are inspiring and it does make me want to begin—but, then I don't. Have to get myself focused. I don't want this to become a real issue—or a long ongoing issue.

What is a creative block?

O.K. I was reading about being in a creative block. It says we put a wall up to ward off anxiety we think we will experience if we get down to work. Is that true? A creative block is a fear involving our work. It is perhaps about doubt. About doing

our best work. Or, just simply feeling that we are not entitled to do our work—meaning we may not have that right to draw or paint, to be an artist.

There is fear when looking at the blank paper or canvas. It can almost give one a feeling of defeat before even beginning.

Getting rid of it

How do we get rid of that creative block? It is not easy to do so. We will need to take small steps at first. Begin with a small piece of work. Then, we must believe in ourselves and that we are good enough. We do have the right to pursue that creative drive within us. It also takes self-caring and being gentle with ourselves. Get rid of the pessimistic attitude and doubts. Stop comparing your work with others, also.

If there are outside things causing your creative block, take care of that stuff so you can get back to your painting. Maybe too, you dislike the idea of walking into a messy studio. Well, you know what to do about that (short of tossing a match to it). Maybe it is just getting reorganized so you can find that creative pathway again.

I look around my gallery room and see so many of my paintings hanging up. Wish I would sell some of them. Wish I had an art show coming up. Actually I do. I should be working toward that show at least.

How to get started again

What can I do to get myself started here? I know, I know—JUST DO IT is usually the answer. I do have goals. I know that the more I work on my drawing and painting skills the better I become. I have to stop minimizing my work and be more supportive of myself.

Take the effort to get yourself beyond the block and doubts or whatever else there is. Then take the time to pursue what you love to do. Despite the block, you know you love drawing, painting, and being an artist.

Take on the challenge so you can feel the joy again of working on a drawing or painting.



Springtime—Behind Phillips Mill, Sandy Askey-Adams, PSA

Sandy Askey-Adams is a self-taught artist whose work has been featured in various national art magazine and books and won numerous awards in juried exhibitions. She has taught art classes and organized and managed art exhibits. Her paintings are included in private and corporate collections throughout the United States, Canada, Ireland, and England. In addition to working in fine arts, Sandy enjoys playing piano, composing music and writing.

Learn more about Sandy at <http://sandyaskeyadams.com>