

## 41 Affirmations for Working Through a Creative Block Gently

A moment to pause, reflect, and choose a useful next step.

1. A block can be investigated without becoming an identity label.
2. I can notice whether the obstacle is uncertainty, fatigue or scope.
3. The next task may need to become smaller.
4. I may revisit the original reason for the project.
5. An unrelated exercise can return attention to simple making.
6. I need not force a breakthrough on schedule.
7. A stale method can be changed before the entire idea is rejected.
8. I can look at unfinished notes for one usable fragment.
9. My next step does not have to be driven by turning a quiet period into a judgment of identity.
10. I can give thoughtful attention to my current creative block.
11. I can consider my available curiosity when deciding what to do next.
12. I can make space for a simple attempt before judging the result.
13. I can try a low stakes exercise unrelated to the main project.
14. I can change one part of the working environment.
15. I can take a useful break without calling it failure.
16. I can return with a smaller question than before.
17. A practical problem may need practical information.
18. I may take a real break rather than continue frustrated scrolling.
19. The work can remain important during a quiet period.
20. I can separate private experimentation from public expectations.
21. A trusted conversation may reveal a question I have avoided.
22. I need not compare a blocked afternoon with someone else's finished piece.
23. A small ordinary attempt can be enough to resume contact.
24. Creativity can return through practice as well as surprise.

25. A project can change without becoming a failure.
26. I can salvage a useful lesson from an unsuccessful attempt.
27. Abandoning one approach can make room for a better fit.
28. Materials and time deserve honest consideration.
29. A pause can be a decision rather than avoidance.
30. I may grieve an idea and still release it.
31. Starting again does not require erasing what I learned.
32. I can choose a smaller version when circumstances change.
33. I can notice a skill becoming easier through use.
34. My work can include humour, awkwardness or simplicity.
35. I can ask whether feedback matches the intention of the piece.
36. I can make a thoughtful choice about what to leave out.
37. I can respect the time that careful practice actually takes.
38. I can share a small piece without promising a whole collection.
39. My voice can contain influences and still be personal.
40. I can protect a session from unnecessary public evaluation.
41. I can acknowledge another maker's skill without reducing my own possibility.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/working-creative-block-gently-affirmations/>