

LAC 020

# Managing Writing Anxiety

Instructor:

Prof. Diane Flores-Kagan

References to your textbook, *Conquering Writing Anxiety*, by  
C. A. Arem.

# Anxiety = worry, apprehension, concern

It has different forms:

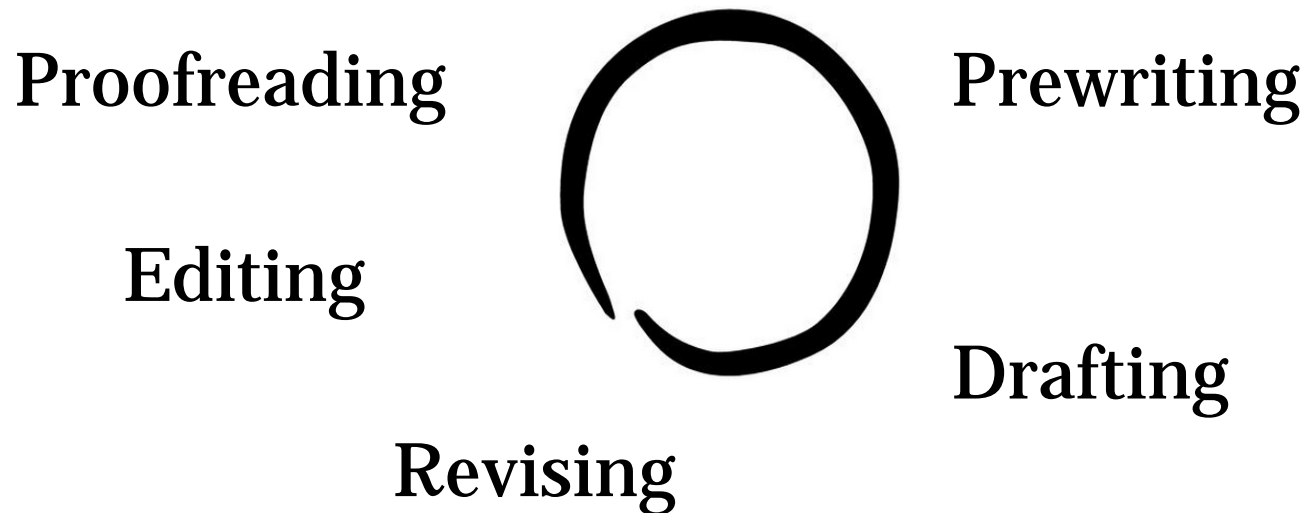
- **General anxiety** - feeling tense; stressed; worried all day, every day
- **Phobias** - fear of things or situations or being in public places
- **Post-traumatic stress syndrome** - feeling strong anxiety  
long after a traumatic event
- **Obsessions** - distressing thoughts that don't go away; compulsions
- **Panic attacks** - sudden, overwhelming fears of being in danger, for no  
apparent reason

*Interferences can lead to anxiety disorder, an illness that should be treated by a health care provider.*

# What is writing anxiety?

The negative emotional, mental, and/or physical reaction to the writing process.

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# WRITING: THE LAST LANGUAGE SKILL WE LEARN



# Writer's Block

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**A condition that produces a transitory inability to express one's thoughts on paper.**



# Writer's Block

- enjoys the writing process and wants to write
- but difficulty generating new ideas, no thoughts come to mind
- feeling temporarily “blank”
- often is able to write spontaneously
- usually has much to say when asked to write
- looks for ways to be inspired to write

# Writing Anxiety

- dread, nervousness, worry, or hatred of writing
- anguish or panic
- disheartened, avoid writing whenever possible
- deep-seated, more long-lasting condition
- afraid to write
- feels dumb or stupid when required to write
- lacks confidence in ability to write

# Writing Anxiety Self-Assessment

Ex. 1-1 in your textbook

**Do you really have writing anxiety?**

St. Augustine said:

**“The present has several dimensions...**

**the present of things past,**

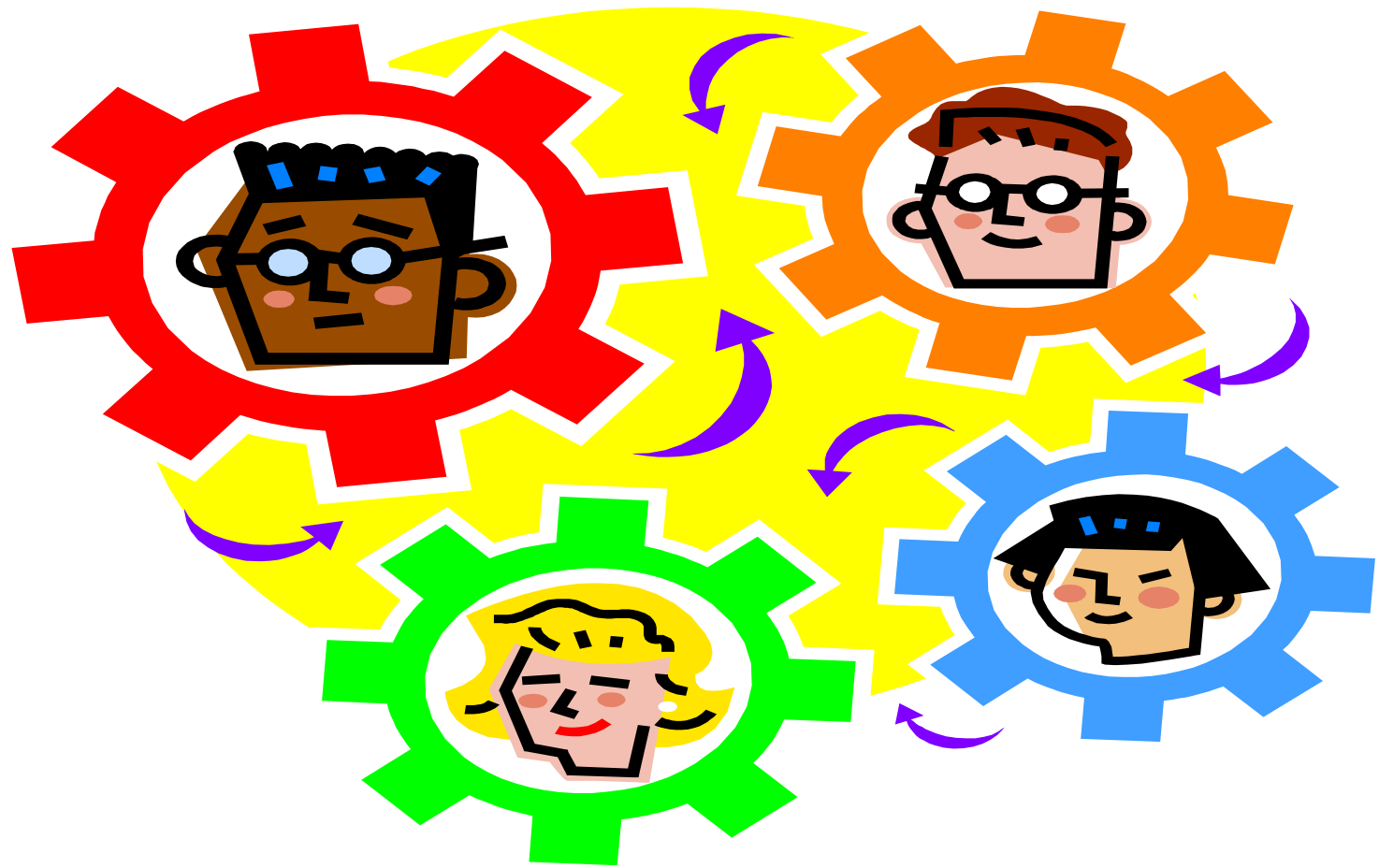
**the present of things present,**

**and the present of things future.”**



Change your mindset  
about writing

**You can do it!**



# Freewriting

Take ten minutes to write about the following  
*without stopping*:

Side 1. What do you think about writing?

Side 2. Write about something that makes you  
happy.