
Writer's block, also known as "brain block," is a phenomenon in which people develop an inability to produce creative work due to a lack of inspiration. The condition has been documented by neurologists and psychologists for several centuries. Scientists have studied the relationship between writer's block and creativity in animals, such as rats and monkeys given water-maze tasks to solve. While many theories exist for this idea of writer's block, brain chemicals such as serotonin and dopamine appear to play a role. Writer's block is often used to describe the difficulty that traditionally academic writers—such as journalists, poets, novelists, screenwriters and other authors whose work is not primarily factual—have in coming up with ideas for works-in-progress, regardless of how well they are actually writing. Often this lack of creativity also gives rise to other symptoms such as procrastination; avoiding both the task of writing (or other work) and the sources (books, study materials, people) which might provide inspiration; distraction; self-criticism; depression; and general anxiety about work. Some individuals who are blocked may also suffer from cyclothymia or bipolar disorder. Writer's block may affect people who are writing professionally or otherwise, including aspiring authors, bloggers, journalists, students writing essays for school or college, and anyone else who must often write in order to make a living or pursue their interests. Writer's block is most often encountered in individuals with low self-esteem. According to the American Society of Journalists and Authors (ASJA), most people experience writer's block at some point in their lives. However, it is also prevalent in most areas of the world. The ASJA reports that "nearly 8 out of 10 professional full-time freelancers have experienced occasional blocks." Symptoms of writer's block are similar to burnout syndrome. The phenomenon was first identified by French neurologist Jean-Martin Charcot in the late 19th century, when he observed it in patients suffering from paralysis. It was later described by other physicians. Writer's block has been described as "a common affliction among human beings" since at least the mid-1950s. There are many theories regarding how writer's block is triggered, and an individual may have more than one explanation for their particular situation. Possible causes include death of a loved one, job loss, relationship problems, or having too few friends. People who have had writer's block tend to be more likely to have other mental health issues as well. There are many conditions that can cause writer's block, including epilepsy and Bipolar Disorder. The term "writer's block" was first used in print by author William Faulkner in 1972, who said that "the serious writer has no choice but to face the fact that he really is only one man. He works alone." Writer's block can also be caused because of anxiety about writing.

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