

The background is a vibrant, abstract composition. It features large, dynamic splashes of orange and yellow paint in the center, with smaller splashes of purple and blue on the left and right. A white feather is visible on the right side, and a white pen or brush tip is near the bottom right. The background is divided into sections by sharp, diagonal lines in shades of purple and blue. A semi-transparent yellow rectangle is positioned at the bottom, serving as a backdrop for the text.

# WHAT KIND OF BLOCKED WRITER ARE YOU?

PREPARED FOR :  
WRITER & AUTHORS WHO FEEL STUCK

# YOUR THINKING PARTNER



## KSENIYA (KAY) EKSIMEZ

Creativity Coach

Hi, I'm Kay, the creator of Finish Your Damn Book™ — a program and a philosophy for emotionally intelligent writers who are tired of being stuck.

I help writers move through perfectionism, imposter syndrome, and self-doubt by using their emotions as creative fuel, not creative blocks.

At 10, I wrote my first story to save a friend's spirit. Now, I write to help people save their own. That includes you





WELCOME TO THE QUIZ

# INSTRUCTIONS

Choose the answer that feels most like you — even if it's uncomfortable.

Count how many times you pick A, B, C, or D.

Your most frequent answer reveals your block type — and how to work with it.

✨ Inside your result, you'll find:

- The emotional root of your block
- A mini ritual or mindset shift to start dissolving it
- A clear direction for where to focus next

# QUIZ

- |          |  | A                        | B                        | C                        | D                        |
|----------|--|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>1</b> | <b>When I sit down to write, I usually:</b>        |                          |                          |                          |                          |
|          | A. Edit the last paragraph over and over           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | B. Google something instead of writing             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | C. Freeze and scroll or open another app           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | D. Write, delete, sigh, repeat                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2</b> | <b>My biggest fear about finishing my book is:</b> | A                        | B                        | C                        | D                        |
|          | A. It won't be good enough                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | B. I'll have to actually share it                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | C. People will criticize or misunderstand me       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | D. I'll disappoint myself                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3</b> | <b>When someone asks how the book is going, I:</b> | A                        | B                        | C                        | D                        |
|          | A. Say "I'm perfecting Chapter 1"                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | B. Mention how much I've been "thinking" about it  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | C. Change the subject or joke                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | D. Say "Don't jinx it!"                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4</b> | <b>I tend to get stuck when:</b>                   | A                        | B                        | C                        | D                        |
|          | A. I re-read what I wrote yesterday                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | B. I try to plan out the next chapter              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | C. I imagine what others will think                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | D. I try to find the perfect starting sentence     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>5</b> | <b>The voice in my head usually says:</b>          | A                        | B                        | C                        | D                        |
|          | A. "Make it cleaner."                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | B. "You're not ready yet."                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | C. "Who do you think you are?"                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|          | D. "This doesn't sound like you."                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

# QUIZ

- 6 My writing sessions often end with:**
- |  | A                        | B                        | C                        | D                        |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| A. A polished paragraph and no new progress      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B. Notes and outlines but no actual scenes       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C. A sense of frustration or emotional overwhelm | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| D. A few vague ideas I never return to           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- 7 When I do write, I usually:**
- |  | A                        | B                        | C                        | D                        |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| A. Can't stop tweaking the same sentence       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B. Go off on tangents trying to "get it right" | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C. Feel self-conscious or exposed              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| D. Lose motivation midway through              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- 8 If I had no fear at all, I would:**
- |   | A                        | B                        | C                        | D                        |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| A. Let myself write something messy         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B. Start the damn book already              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C. Say what I really want to say            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| D. Write the weirdest, truest thing I could | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- 9 In group writing spaces, I:**
- |  | A                        | B                        | C                        | D                        |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| A. Don't share unless it's "perfect"           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B. Talk about ideas but rarely submit anything | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C. Feel nervous about feedback                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| D. Feel unsure what my voice even is           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



YOUR BRAND NAME HERE

# RESULTS

## MOSTLY A

### The Inner Critic Addict

You're constantly editing instead of creating. You equate quality with control — but overpolishing kills your spark.

Try this: Write one full page without deleting a single word. Messiness is momentum.

## MOSTLY C

### The Visibility-Fearer

You're scared of being seen, misunderstood, or shamed. Your work is personal — and you're protecting it.

Try this: Write a letter to one person who gets it. Just one. That's your audience.

## MOSTLY B

### The Spiral Researcher

You use research and planning to delay expression. You're smart — but you're also scared.

Try this: Write for 20 minutes before you open a browser. Action before answers.

## MOSTLY D

### The Identity Wobbler

You've forgotten your voice — or never fully claimed it. You're unsure who you are as a writer... so you can't move forward.

Try this: Complete the Creative Identity Map. Who are you when no one is watching?

You're not broken — just in conversation with your resistance.  
The block is never the end. It's an invitation.  
Ready to work with your block — not against it?

FINISH YOUR DAMN BOOK



ABOUT THE PROGRAM

# FINISH YOUR DAMN BOOK

Finish Your Damn Book™ is a 12-week creative intervention for writers who refuse to shelf their stories.

You'll learn to collaborate with your inner critic, dissolve perfectionism, and finish a manuscript that finally feels like you.

[READ ON](#)

# THANK YOU!

## Your Block Isn't the Problem. It's a Message

Thank you for taking the quiz.

What you just uncovered isn't a label — it's a mirror.

A reflection of what's been getting in the way... and also pointing toward your next creative breakthrough.

Your results are a first step toward understanding how your emotions, patterns, and perfectionism have been shaping your writing experience.

If it resonated, let's talk. I offer free 20-minute calls where we explore how to move you from stuck → finishing.

You don't have to figure it out alone.

If you loved this experience:

✦ Share it with a friend who writes from the heart

✦ Tag me on Instagram with your favorite prompt or journal line

**@kayconcept\_coaching**

✦ Or come say hi and tell me what surprised you

***kay@kayconcept.com***

I'm cheering for you — always.

Now go write what only you can say.

With care,

**KAYCONCEPT.COM**