

Getting Out of Playing Ruts?

Are you in a rut with your playing? It's ok. Sometimes you get in a rut. Maybe you're not motivated. Maybe you don't know what to practice or don't feel creative. It could be many things. At these times I suggest shaking things up a little. Force yourself into doing and experiencing new things.

Here are some ways you could get out of your rut:

- Find some new musicians to play with.
- Listen to a radio station you never listen to.
- Go see some live bands you've never seen.
- Investigate an unfamiliar style of music.
- Listen to famous musicians you've never heard.
- Tune your bass in an unfamiliar way.
- Travel somewhere.
- Play music written for other instruments or voice on your instrument.
- Play your favourite music lines backwards.
- Write out some music – chords or notes – that you can't imagine what they might sound like and play or compose around them.
- Play in the dark.
- Play in an unusual place.
- Stare at a painting while you play.
- Play notes on your instrument using strange objects instead of your fingers or a pick.
- Don't listen to *any* music or play any music at all for a week. Completely avoid music. Then pick up your instrument and see what happens. Just make sure you don't quit playing music altogether!

Remember – Music is cool!