

Exploring Fear in Creativity

Initial experiences and considerations from
a self-described-creative-scaredy-cat.
(Who, consequently, is seeking help.)

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It started with a promise.

In fact,
it was a two part promise.

1. Continue writing.
2. Share my writing and get feedback.

Simple Instructions...

Simple Instructions...

And then we'll share.

I chose that this group was
as good as it was going to get...

I didn't raise my hand.

I didn't raise my hand.

I wasn't going to raise my hand.

Sure, I lied.

I didn't *want* to read.
But I knew I *needed* to read.

When will I stop sweating?

...when you stop reading.

...start sweating again...

Closed my eyes,
shook my head,
sighed,
and put it away.

It bothered me that I
continued to react as I did.

...fear can block ...

...fear can make me fuzzy...

...fear prevents me ...

...but fear made me **emerge**...

...as a sweaty, foul-mouthed female describing in slow detail how she'd disrobe in public to get even momentary relief from the suffocating heat.

Who was this person
that fear encouraged in just a
mere twenty minutes?

I wrote this in a
state of fear.

...as if someone else created
this product...

And that made me
uncomfortable.

...to not only identify it, but
to start to evaluate it.

...also made me wonder.

Which is why I wonder what your
experience is like with fear in
creativity?

Working in pairs...

- Review questions on side 1 and select 1 to review and share as a pair. (~8 min)
- Please complete the $+/\Delta$ on side 2. (~2 min)
- We will not regroup due for the pace required for the evening
- I'm planning on collecting these to store as my on-paper-support-system as I continue to explore fear in creativity.

Thank you!

