

# 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!

