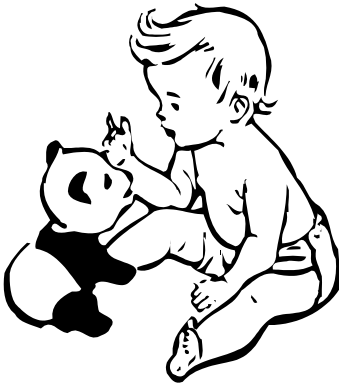


The Process of Diminishing Creativity

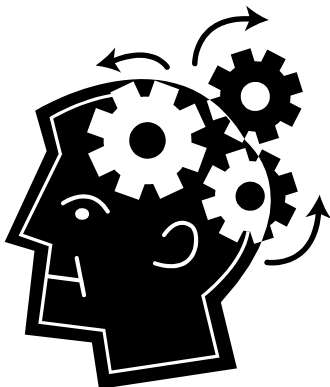


A small child is born with creative potential intact. S/he has not learned defensive maneuvers. Vibrant curiosity and abundant energy are her/his natural state.



Over time the child experiences stressful events that dis-invalidate her/his sense of self. These events;

1. teach the amygdala fight or flight response to extent that anxiety associated with this response is triggered even when threat is only a perception and not reality.
2. create stress in the body which become the source of dis-ease.
3. develop safekeeping vs. experimental self modes. The safekeeping self hinders creative thinking by limiting risks one is willing to take.
4. reduces ability to access subconscious connections



Education develops the logical mind. Negative socialization develops Discount/Revenge. Overload of information makes it difficult to access the intuitive brain to break old connections and make the new connections that will potentially allow one to foresee future trends.

Challenge: How to overcome blocks to learned helplessness to see creative connections?

1. Understand Credit/Build, Discount/Revenge cycle
2. ETF, or techniques to open-blocked pathways
3. Dialogue training in how to listen
4. Training on listening to the intuitive-self