

CREATIVITY IN DAILY LIFE AND THE CREATIVE PERSONALITY


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Professor Davis

SELF-ACTUALIZATION, MATURITY, AND CREATIVITY

- *The concept of creativeness and the concept of the healthy, self-actualizing, fully-human person ... may perhaps turn out to be the same thing. -- Maslow, 1963*
- Erikson's later stages of development require “generativity” and “integrity”
 - Passing on to the next generation and recognizing life meaning as a function of accomplishments
- Jung posited the synthesis of dialectics as a part of maturity
 - Being able to access both poles of the dialectic

OPTIMAL RESOLUTION: BIG-C CREATIVITY

- Optimal resolution: providing a unique contribution to the world in the form of a **Creative** work that changes a field, domain, or culture (big “c” Creativity)
 - 10 dualities balanced in the creative personality (Csikszentmihalyi, 1996)
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THE 10 DIALECTICS

1) Activity and Rest

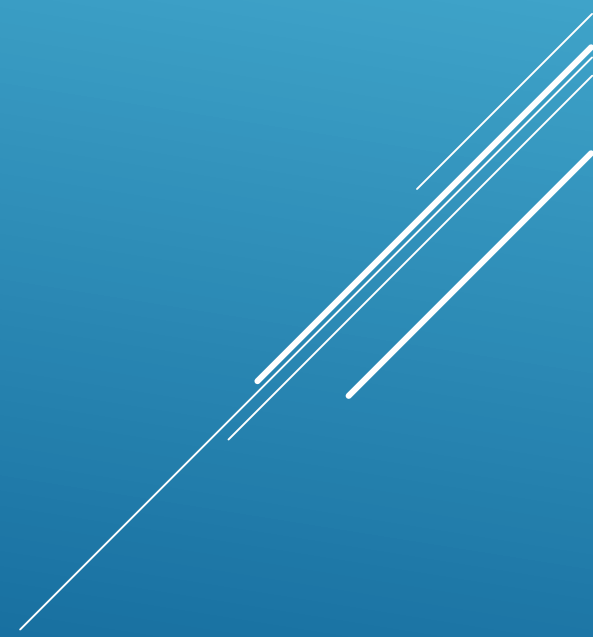
- Work long hours, but have sedentary periods, too
- Exercising control over own energy

2) Smart and Naïve

- Convergent and divergent thinking
- Adult's knowledge, child's curiosity

3) Playful and Disciplined

- Recklessness/Playfulness and severe discipline



THE 10 DIALECTICS

4) *Rebellious and Domain-Oriented*

- Maintaining independence and being cognizant of the boundaries

5) *Imaginative and Realistic*

- Able to fantasize about non-existent things and rooted in reality

6) *Introversion and Extroversion*

- Outgoing and Shy

7) *Humble and Proud*

- Also involves balancing ambition and selflessness, competitive and cooperative

THE 10 DIALECTICS

8) *Masculine and Feminine*

- Expressing both [stereotypically] masculine and feminine aspects regardless of gender

9) *Enjoyment and Suffering*

- Pleasure and pain

10) *Passionate and Objective*

- Balancing hope for the future, acceptance of reality, and a love of one's vocation, come what may

CREATIVITY AND FLOW



Do you ever do something where your skills have become so “second nature” that sometimes everything seems to come to you “naturally” or “effortlessly” and where you feel confident that you will be ready to meet any new challenges?

Do you ever do something that has provided some unique and very memorable moments – for which you feel extremely lucky and grateful – that has changed your perspective on life (or yourself) in some way?

Are they the same activity?

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- ▶ Being in “the zone”
- ▶ The best, most rewarding, and engaging experiences
- ▶ High intrinsic motivation
 - ▶ Doing it just to do it
- ▶ “Feeling like yourself” – resonates with you
 - ▶ Which can facilitate creativity

FLOW



- ▶ Clear goals
- ▶ Immediate feedback
- ▶ Balance of challenge and skill (> average)
- ▶ No fear of failure
- ▶ Distractions excluded from consciousness
- ▶ Merging of action and awareness
- ▶ Not self-conscious
- ▶ Distorted sense of time
- ▶ Autotelic – intrinsic motivation

9 CHARACTERISTICS OF FLOW (WHICH ALL FACILITATE CREATIVITY!)

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- ▶ Higher enjoyment of experiences
- ▶ Works produced during flow tend to be of higher quality (especially with regard to creativity!)
 - ▶ More satisfaction and positive emotion from the accomplishment
- ▶ Increased self-efficacy (building skills and having mastery experiences in flow)
 - ▶ Broaden-and-Build

BENEFITS OF FLOW



FLOW AND THE DIALECTICS

- 1) Activity and Rest
 - 2) Smart and Naïve
 - 3) Playful and Disciplined
 - 4) Rebellious and Domain-Oriented
 - 5) Imaginative and Realistic
 - 6) Introversion and Extroversion
 - 7) Humble and Proud
 - 8) Masculine and Feminine
 - 9) Enjoyment and Suffering
 - 10) Passionate and Objective
- 1) Clear goals
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