

CASE STUDY "What does the radiator think?"

Exercise for giving self advice/guidance

The workshop

'Creative Me' is a workshop I ran in October 2022 for people to explore what creativity means to them, what they would like to do and explore what's in the way. Here is Siggy's experience.

"The session was really provocative. As we wrote and pondered, some of the questions/statements you set raised further questions I had to unpack further. I did come to a conclusion or two: that my creativity isn't just about my drawing, but about my music too, and one or the other will always be in the ascendant and that's OK; and that measuring my creativity against that of others is futile - they can't be creative like me, just as I can't be creative like them."

In an exercise I call, '*What does the radiator think?*' I had participants write from an item they felt represented creativity for them and to have that object tell them the 'secret of creativity.'

Here's what Siggy wrote from her pen:

"My pen says the secret of creativity is being open at all times to the possibility of creativity. Stop boxing yourself in. You don't need a specific time, a specific book, a specific pen, in order to create. You can create any time wherever you are. You don't - shouldn't - think, 'I have the wrong book with me,' or 'I should be doing this, or this...now isn't the right time.' Why isn't it? Why does it come bottom of the list after everything else? Jobs to do will always be there, and you will never run out. If you wait until they're done, you will never get the chance. So if there is an itch to be scratched, drop the other stuff and scratch it. 'Creativity is a dog. If you don't feed it, it will tear your house apart.' Think on this. And act on it. Who cares (apart from you) if stuff doesn't get done? If it means you birth something instead?"

Outcomes

"I set myself the task of journaling a bit differently between now and the end of the year, by putting all my journaling (pictures and writing) in one book. If I find I don't like it, I know I've tried it, and I can go back to how I used to journal which then becomes an informed choice. The idea of allowing inanimate objects that play a vital role in one's life to comment, is a really powerful one. I'm going to hang on to that."

"Before the session I was ambivalently curious. Afterwards it was rabbit in the headlights (in a good way), as I had discovered I had some thinking to do that I wasn't aware I needed to do - unsettling, but invigorating at the same time."

