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Rocognzing mental blocks

emotional blocks interfere with your ability to solve problems in a number of ways. Some types of emotional blocks include:

- Fear of risk This block usually stems from childhood. Most people are rewarded for solving problems correctly and punished for incorrect problem solving.
- Lack of appetite for disorder. Problem solving must learn to cope with confusion.
- Judging ideas too quickly can demotivate even the most creative problem-solver. Sometimes wild ideas can lead to feasible ideas that lead to innovative solutions.
- The inability to embrace the impulse to solve a problem just to take it away from your mind can create clumps.

Cultural blocs are obtained through exposure to a specific set of cultural patterns, and environmental blocs are enforced by our immediate social and physical environment. One type of cultural obstacle is the failure to think of an act that causes resentment or disgust in some community.

Other types of mental blocks

D. Environmental Blocks: Distractions (phones, easy intrusions) are blocks that inhibit deep prolonged concentration. Working in an atmosphere that is pleasant and supportive most often increases the productivity of the problem solver.

E. Intellectual Blocks: This block can occur as a result of inflexible or

inadequate uses of problem - solving strategies. F.

Expressive Blocks: The inability to communicate your ideas to others, in either verbal or written form, can also block your progress. Anyone who has played a game of charades or PictionaryTM can certainly relate to the difficulties that this type of block can cause.