

# AI-00908 Creativity Killer vs Judgements

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**The no. 1 killer of creativity is judgement, explain and delve.**

There's a lot of truth to the idea that judgment can be a creativity killer. Here's why:

**Fear of Failure:** When we judge ourselves harshly, it creates a fear of failure. This fear can paralyze us, preventing us from even trying new things or exploring unconventional ideas. We might hold back on sharing our ideas for fear of being ridiculed or rejected.

**Inner Critic:** Many of us have an internal critic that constantly judges our work. This critic can be especially loud during the creative process, whispering doubts and tearing down our ideas before they even have a chance to develop.

**Stifles Exploration:** Creativity thrives on exploration and experimentation. When we're constantly judging our ideas, we're less likely to take risks or venture outside our comfort zones. This can limit our creativity and prevent us from coming up with truly original ideas.

However, it's important to remember that critical thinking is also a crucial part of the creative process. Here's why judgment isn't entirely the enemy:

**Refining Ideas:** Not all creative ideas are good ideas. Judgment can help us identify weaknesses in our work and refine our ideas. The key is to distinguish between critical thinking that helps us improve our work and the kind of harsh judgment that stifles creativity altogether.

**Knowing When to Judge:** There's a time and place for judgment. The initial brainstorming stage is not the time to be critical. However, once we have a pool of ideas, we can then assess them and choose the strongest ones to develop further.

So, the takeaway is this: **judgment can be a double-edged sword**. The key is to find a balance. Embrace the free-flowing, non-judgmental stage of creativity to come up with new ideas. Then, when the time is right, use critical thinking to evaluate and refine those ideas.

### **Delving Deeper into the Creativity Killer: Judgement**

We explored how judgement stifles creativity through fear, inner criticism, and a lack of exploration. Here's how we can delve deeper:

#### **The Cycle of Judgement:**

Imagine a cycle:

1. **Generate Idea:** You come up with a creative idea.
2. **Inner Critic Emerges:** Negative self-talk kicks in, judging the idea as bad, unoriginal, or a surefire failure.
3. **Fear Takes Over:** Fear of being judged by others or yourself paralyzes you.
4. **Abandonment or Self-Censorship:** You either abandon the idea altogether or hold back from fully developing it.
5. **Back to Beginning:** The cycle repeats, hindering your overall creative output.

#### **Breaking the Cycle:**

- **Recognize the Critic:** The first step is to become aware of your inner critic. Notice the self-deprecating thoughts and judgments.
- **Challenge the Critic:** Don't accept the critic's negativity as truth. Ask yourself if these thoughts are helpful or hindering.
- **Reframe Judgement as Curiosity:** Instead of judging, approach your ideas with curiosity. Ask "What if...?" questions to explore possibilities.
- **Embrace Imperfection:** Allow yourself to create messy drafts and imperfect work. The first attempt doesn't have to be perfect.
- **Seek Supportive Feedback:** Instead of fearing judgement, seek constructive criticism from trusted sources who can offer helpful feedback.

#### **External Judgement:**

Our fear isn't just about internal criticism, but also the fear of being judged by others. Here are ways to manage this:

- **Find a Safe Space:** Create a creative space where you feel free to experiment without fear of judgement. This could be a physical space like a studio or an online community.
- **Focus on the Process:** Instead of focusing on the final product and potential judgment, focus on the joy and exploration of the creative process itself.
- **Develop a "Growth Mindset":** Believe that your creativity can develop and improve with effort and practice. Don't see failures as setbacks, but as learning opportunities.
- **Celebrate Small Wins:** Acknowledge your progress, no matter how small. This keeps you motivated and fosters confidence in your abilities.

Remember, creativity is a muscle that needs exercise. The more you create, the more comfortable you'll become with the process, and the less the fear of judgement will hold you back.

## The Science Behind the Judgement Block

The fear of judgement isn't just a feeling – it has a neurological basis. Here's how science explains why judgement can be so paralyzing:

- **The Amygdala:** This part of the brain is responsible for processing fear and emotions. When we fear judgement, the amygdala gets triggered, putting us in a fight-or-flight state. This makes it difficult to focus on creative thinking.
- **Dopamine and Reward:** Creativity is fueled by dopamine, a neurotransmitter associated with pleasure and reward. When we fear judgement, the reward system gets disrupted, making the creative process less enjoyable and reducing motivation.
- **The Prefrontal Cortex:** This area is responsible for higher-order thinking and decision-making. When the amygdala is hijacked by fear, it can reduce activity in the prefrontal cortex, making it harder to generate new ideas and think critically.

# The Evolutionary Perspective

From an evolutionary standpoint, the fear of judgement might have served a purpose in our past. Social acceptance was crucial for survival in earlier times. Being ostracized from the group could mean a lack of resources and protection. So, it made sense to avoid behaviors that might invite ridicule or rejection. However, in today's world, where creativity is valued and innovation is key, this fear can be a hindrance.

## Overcoming Judgement Through Play

Play is a powerful tool for overcoming the fear of judgement. Here's why:

- **Reduced Self-Consciousness:** When we play, we're less self-conscious and more likely to take risks and experiment. This can lead to unexpected discoveries and breakthroughs.
- **Focus on Process over Product:** Play allows us to focus on the enjoyment of the creative process itself, rather than worrying about the final outcome. This reduces pressure and fosters a sense of freedom.
- **Breaking Through Barriers:** Playful exploration can help us stumble upon new ideas and connections that might not have been possible through rigid, pre-planned approaches.

## Creative Communities

Surrounding yourself with a supportive creative community can be a powerful weapon against the fear of judgement. Here are the benefits:

- **Shared Experiences:** Connecting with others who understand the creative struggle can be validating and encouraging.
- **Constructive Feedback:** A supportive community can provide constructive criticism in a safe space, helping you improve your work without feeling judged.
- **Inspiration and Motivation:** Being around other creative people can spark new ideas and keep you motivated on your creative journey.

Remember, overcoming the fear of judgement is a journey, not a destination. By understanding the psychology behind it and employing the strategies mentioned above, you can create a more fertile ground for your creativity to flourish.

### List 20 Examples

Here are 20 examples of how judgment can stifle creativity:

1. **Fear of failure:**When we judge ourselves harshly, it creates a fear of failure. This fear can paralyze us, preventing us from even trying new things or exploring unconventional ideas. We might hold back on sharing our ideas for fear of being ridiculed or rejected.
2. **Inner Critic:**Many of us have an internal critic that constantly judges our work. This critic can be especially loud during the creative process, whispering doubts and tearing down our ideas before they even have a chance to develop.
3. **Stifles Exploration:**Creativity thrives on exploration and experimentation. When we're constantly judging our ideas, we're less likely to take risks or venture outside our comfort zones. This can limit our creativity and prevent us from coming up with truly original ideas.
4. **Shutting Down Ideas in Meetings:** In a meeting setting, fear of judgment can prevent people from sharing their ideas, even if they are good ones. This can lead to a groupthink mentality, where everyone just goes along with the first idea that is suggested.
5. **Following Trends Too Closely:**While it's important to be aware of trends, following them too closely can stifle creativity. If you're constantly trying to replicate what others are doing, you'll never come up with anything truly new or original.
6. **Discouraging Curiosity:**A questioning mind is essential for creativity. When children are constantly shut down for asking "why" questions, it can discourage their natural curiosity and hinder their creative development.
7. **Rigid Rules in Classrooms:** Schools can sometimes stifle creativity with rigid rules and expectations. If children are afraid to make mistakes or experiment, they'll be less likely to take risks and come up with new ideas.

8. **Fear of Looking Foolish:** The fear of looking foolish can prevent people from trying new things or expressing themselves creatively. This is especially common in cultures that place a high value on conformity and fitting in.
9. **Negative Feedback Delivered Poorly:** Constructive criticism can be helpful for growth, but if feedback is delivered in a harsh or judgmental way, it can discourage people from taking risks and trying new things.
10. **Dismissive Attitudes:** People who dismiss creative ideas out of hand can stifle the creativity of others. Even if an idea seems strange or impractical at first, it's important to give it a fair hearing.
11. **Lack of Support:** Creativity can flourish when people feel supported and encouraged. If you don't have a network of people who believe in you and your ideas, it can be difficult to stay motivated and persevere through challenges.
12. **Micromanagement:** Micromanagement can stifle creativity by giving people too little autonomy over their work. When people are constantly being told what to do and how to do it, they're less likely to come up with new ideas or innovative solutions.
13. **Focus on Perfectionism:** Perfectionism can be a creativity killer. If you're constantly striving for perfection, you'll never be satisfied with your work and you'll be less likely to take risks or experiment.
14. **Fear of Wasting Time:** Some people avoid creative pursuits because they're afraid of wasting time. However, creativity is often messy and time-consuming. The most important thing is to start and to keep going, even if you don't know where you're going.
15. **Comparing Yourself to Others:** Comparing yourself to others can be a major creativity killer. Everyone has their own unique creative voice. If you're constantly trying to be someone you're not, you'll never find your own creative path.
16. **Following Someone Else's Creative Vision Too Closely:** While collaboration can be a great way to boost creativity, it's important to be careful not to follow someone else's creative vision too closely. If you're not able to add your own unique voice to a project, you'll end up stifling your own creativity.

17. **Fear of Making Mistakes:** Mistakes are a natural part of the creative process. In fact, some of the most creative breakthroughs have come about as a result of mistakes. If you're afraid to make mistakes, you'll be less likely to take risks and experiment.