

can I be creative without being novelty ?

Based on the search results provided, creativity appears to be fundamentally linked to novelty, though with important nuances worth understanding.

The Essential Relationship Between Creativity and Novelty

According to the research, creativity inherently requires some degree of novelty. As one source explicitly states: "Creativity requires, as a minimum, effectiveness and novelty."^[1] This position is reinforced by the example that reproducing a paper dart that everyone has seen before isn't creative precisely because it lacks novelty^[1].

Another researcher defines creativity as "optimal novelty and maximal positive affect," suggesting that novelty is an integral component of the creative process^{[2] [3]}. The statement that "creativity must involve a combination of existing ideas but, combined in ways that are original" further emphasizes this connection^{[4] [3]}.

Novelty Exists on a Spectrum

However, the relationship between creativity and novelty is more nuanced than simply "novel or not." Research indicates that novelty exists on a spectrum, and creativity doesn't necessarily require extreme novelty:

1. Creativity appears to be "optimized at an intermediate, not extreme, level of novelty"^{[2] [3]}
2. Too little novelty results in mere reproduction rather than creativity
3. Interestingly, too much novelty can actually diminish creativity by failing to produce sufficient "activation" or connections in the mind^{[4] [3]}

Types of Novelty in Creativity

There are different ways novelty manifests in creative work:

1. **Exploratory creativity:** Working within an established conceptual space but creating new combinations (like innovative chess moves within the rules of chess)^[4]
2. **Transformational creativity:** Creating novel combinations across different conceptual spaces that lead to ideas that couldn't have been conceived before^[4]
3. **Recombination:** Creating new connections between existing ideas in ways that are original^{[4] [3]}

Can You Be Creative Without Novelty?

Based on these search results, the direct answer appears to be no - some degree of novelty is essential for something to be considered creative rather than merely reproductive. As one source puts it, "without novelty, these are not 'creative'" ^[1].

However, this doesn't mean all creative work must be dramatically or radically novel. The research suggests creativity often involves recombining existing elements in new ways or introducing moderate levels of novelty rather than extreme departure from all precedent ^[2] ^[4] ^[3].

This is reflected in the "optimal novelty hypothesis" which proposes that creativity is maximized at intermediate levels of novelty - novel enough to be creative but not so novel that it fails to connect with existing knowledge and generate positive affect ^[4].

So while you cannot be creative without any novelty whatsoever, the degree of novelty required for creativity may be less extreme than many people assume, and optimal creativity appears to balance novelty with connection to existing ideas and experiences.

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1. <https://www.linkedin.com/pulse/myths-creativity-david-cropley>
2. <https://pubmed.ncbi.nlm.nih.gov/34113228/>
3. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8185022/>
4. <https://www.frontiersin.org/journals/neuroscience/articles/10.3389/fnins.2021.612379/full>