



## Balanced Living

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# FEAR: The Great Enemy Of Creativity



Fear has stopped people dead in their tracks – inhibited their abilities to grow and live life more abundantly. When we're fearful, we freeze up, stress out, withdraw from social events and end up living a life of lesser fulfillment.

Creativity brings about a sense of joy; happiness and balance into ones life. Look into the face of two young children drawing pictures – one won't draw, for fear that everyone will laugh and the other, completely uninhibited and playful as though he/she hasn't a care in the world. For both children creativity has a lot to do with their willingness to take risks – simple little risks that help us overcome procrastination, fear of rejection, fear of failure and fear of change.

Creativity is life altering. However, for many it becomes life threatening by bringing about change and we are terrified of change. But, it is creativity that allows positive change in the world and in our personal lives. It is what great leaders, business owners, and innovators bring to a prosperous and adventurous life that we are all entitled to enjoy.

Creativity comes from accepting that you have to let go of control. Start by

letting go of old world ideas -- not values. Businesses die everyday because of the fear harbored in people whose creativity has dried up because they are locked up in their little cocoon of false security, false fears and fighting the inevitable -- change.

Creativity comes from accepting and seeing things from a different perspective and stepping outside the normal channels of doing things. You can't be creative while conforming to everything. You have to realize that what makes you different also makes you creative and creativity comes from our desire to play without fear of rejection, fear of failure and the fear of losing control.

The business of today is obsolete tomorrow -- A large part of innovation, in companies today, is welcoming differences. You have to be open to the unusual and understand that difference is often more positive, than negative. Overcoming the fear of change enables creativity and the ability to see something unusual and to recognize that the answer may lie in its difference.

*(Continued on page 2)*

## Newsletter Content

- **Fear: The Great Enemy of Creativity.**
- **Becoming More Creative.**
- **Freedom From Stagnation.**



To live a creative life, we must lose our fear of being wrong.

Joseph Chilton Pearce

Two keys to creativity that spark innovation are the ability to think beyond relatively conventional paradigms and to examine traditional constraints using nontraditional thinking. The second is to be able to go outside your own frame of reference and find another way to look at a problem.

Rekindle your creativity -- stop fighting the inevitable by embracing change. Work with these suggestions for making positive changes in your personal and business life.

- Creativity comes from having an inquisitive mind --. It is the inquisitive mind that is asking, how can I, do it different with better results.
- Creativity comes from letting go of control. If you are a traditional and "good old days" thinker – let go and move your thinking into now and the future.
- Creativity comes from looking at something from a different perspective. As an exercise, recreate all of your business or company's brochures – color schemes, typeface, themes and copy. Experience and appreciate the different.
- Creativity comes from moving outside your industry norms -- challenge the status quo and statements like – this is the way we have always done it or this will not work in our industry. Look for alternatives for solving business and personal problems

Creativity comes from an active mind – positive self-talk and use of affirmations will stimulate the inactive mind.

By Don Price

## BECOMING MORE CREATIVE



Creativity gets better and better with practice. Here are some simple techniques that will help you improve your creativity skills:

1) Be open to new ideas. Creativity requires that you be open to ideas and concepts that are new even if they seem impossible. Do not simply dismiss what you do not understand.

There is no better way to open your mind to new ideas than to try a new task, learn a new skill, or begin a new hobby. You will be amazed at how doing something new will open your mind to new ideas. Suddenly new worlds will open for you.

- 2) Be inquisitive. Extremely successful people are always asking questions and seeking answers about better ways of doing things. Curiosity is a way of life for them; it is the hallmark of their success. They are never convinced that anything is as good as it gets. They always believe there is a better, faster, safer, smarter, and more efficient ways of doing things. Never stop being inquisitive. Revive your childhood curiosity. Never be afraid of asking questions.
- 3) Learn to think illogically. Thinking things through logically is something each of us has learned to do. This is how we "process" information in order to make sound, rational decisions. It is a process however, that excludes creativity. Choose any idea (whether it is yours or someone else's), no matter how illogical it may seem, and begin to think of ways that the impossible might actually happen. Connect ideas and see where it takes you.
- 4) Spend time with creative people. You will soon discover that the most consistently creative are children, especially the ones who have been given a box of crayons but have not yet been told to color within the lines. Their imaginations run wild. They can teach you a priceless lesson: how to think "out-of-the-box."
- 5) Quit trying to be perfect. You will never achieve perfection on the earth anyway. There is nothing as inhibiting to creativity as perfectionism. Imperfection is human. Learn to become uninhibited by concern for doing something that is correct. Creativity flourishes in an atmosphere of unconditional acceptance.
- 6) Be open. Do not judge creative ideas that come your way no matter how "silly" or "obvious" they may initially seem. Creativity thrives in people with non-judgmental attitudes. Creative people are tolerant of ambiguity, do not impose boundaries on ideas, and take risks in order to achieve great results.
- 7) Sleep improves creativity. Sleep deprivation studies found that lack of sleep has a significant impact on creativity. As little as one night of sleep loss has a major affect on innovative thinking and flexible decision-making.
- 8) Never stop thinking of yourself as creative. Think positively about the fact that you are creative, and that you are becoming even more creative every day.

Remember, creativity is learned. The more you learn about it, the more you practice it, the more creative you will become.

By William Larson, Ph.D

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**Creativity, as has been said, consists largely of rearranging what we know in order to find out what we do not know. Hence, to think creatively, we must be able to look afresh at what we normally take for granted.**

**- George Kneller**

## Freedom from Stagnation

Stagnation is a perpetual state of being stuck where we are, spinning our wheels in the same thoughts, feelings, and actions over and over and over. On an outer level, we repeatedly partake in the same behaviors, routines, habits, and choices every single day. On an inner level, we harbor the same judgments, think the same thoughts, and react to the same feelings year after year.

In many ancient traditions, it is said that the vast majority of us tend to live this way. These traditions assert that stagnation is synonymous with suffering. What maintains this cycle is a lack of awareness; we just don't see how we are re-enacting the same reality time and again. The deeper beliefs that we cling to about who we are and how life is can linger on a subconscious level so we never see with true clarity the degree to which we have succumbed to stagnation.

Awareness is about 90% of the path to freedom from stagnation. We need to be willing to see what is actually running us, what our motivations are. This takes a certain level of courage and honesty. The other crucial piece of the puzzle is intention. This involves choosing to step out of stagnation by setting intentions to live in a new way and rearrange what we know about ourselves. In a sense, this is like reinventing who we are.

Stagnation is what makes us sick, both physically and/or mentally. Stagnation, and a lack of awareness, is a core cause of distress, which leads to all kinds of problems and dramas. When we succumb to stagnation, we often search outside of ourselves for something to spice things up, entertain us, and take the edge off. In this way, we actually choose distress because it is familiar and it makes us feel a distorted kind of safety.

The creative “task” is opportunity for movement, which reduces stagnation. Without creativity, there would be no progress, and we would be forever repeating the same patterns.



Every day is an opportunity to be creative – the canvas is your mind, the brushes and colors are your thoughts and feelings, the panorama is your story, the complete picture is a work of art called, “my life”.

Mike is a Licensed Professional Counselor in Northwest Metro Atlanta, Georgia. He has been in the mental health profession for 20 years and provides psychotherapy for children, adult individuals and couples.

Please feel free to contact him with comments on topics in this newsletter or suggestions for future articles.